

Classes • Programs • Events



FALL 2003



City of Chula Vista • Recreation •
Public Library • Boys & Girls Club • YMCA

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Director of Recreation

Buck Martin

Assistant Director of Recreation

Shauna Stokes

Disclaimer

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.



Inclusion Philosophy

The City of Chula Vista is dedicated to serving the needs of everyone in the community through inclusive programming. Persons with special needs are encouraged to participate in programs. For assistance, please call Recreation Supervisor, Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

Special Events

Downtown Monument Sign Dedication and Celebration

September 5, 6 – 8 pm

Come celebrate the unveiling of Chula Vista's new downtown monument! Everyone is invited to enjoy the music and entertainment along Third Avenue. Want to enjoy gourmet hors d'oeuvres, and delicious refreshments while supporting the Downtown Chula Vista Kids Art Project? You are also invited to attend the V.I.P reception at Park Way and Third Ave. Tickets are \$50 per person. For more information on both events, please call the Downtown Business Association (619) 422-1982.

Celebrate Chula Vista

September 13, 12 – 9 pm

Don't miss this unique festival! Chula Vista's exciting signature event provides an afternoon full of activities and entertainment for the entire family. As the sun sets, "Cabaret on the Bay" comes alive with a musical celebration as the popular band Rockola, accompanied by a symphonic orchestra takes center stage.

Enjoy the music, great cuisine and refreshments on the lawn while a spectacular fireworks display close out the festivities. Come celebrate Chula Vista! From noon - 9 p.m. in Marina View Park. Sponsored by the Chula Vista Chamber of Commerce, City of Chula Vista and Port of San Diego. For more information, please call (619) 420-6603.

Bonitafest

September 26, 9 am – 5 pm

Annual festival features a two-hour parade with marching bands, art crafts, games, and food booths. Join the fun on Bonita Road between Otay Lakes and Willow Road. Sponsored by Bonita Business and Professional Association (619) 472-8520.

Chula Vista 2003 Art Exhibition

October 9, 11 am – 4 pm

Portrait of a Community opens at the Playhouse Art Gallery on 291 Third Avenue in downtown Chula Vista. The exhibit is open every Thursday through Saturday during the month of October. Sponsored by the Chula Vista Art Guild and partially funded the City of Chula Vista. To obtain a prospectus or information, please call Pamela Buchan, Chula Vista Art Guild at (619) 476-6636.

Chula Vista Community Fair

October 15, 4:30 – 7:30 pm

Want to learn more about the programs, services, and activities the City of Chula Vista and other local agencies can offer you? Come find out at the Chula Vista Community Fair at Heritage Community Center. Don't miss the free giveaways, interactive displays and loads of information. The center is located at 1381 East Palomar St. For details, please call (619) 691-5296.

Arturo Barrios 5K/10K Race

October 26, 7:30 am

Competitive and recreational runners compete along 5K and 10K courses at the Chula Vista Yacht Harbor on Oct. 26 at 7:30 a.m. Please call Elite Racing at (858) 450-6510 for further information.

Not a runner but want to participate in the festivities? Enjoy the excitement of the race as a volunteer! Call (619) 691-5000 to register.

Holiday Festival

December 6, 2:30 - 5 pm

The Festival will feature a wide variety of children's holiday crafts, activities and games. Live entertainment and demonstrations will be presented throughout the afternoon. Santa Claus will be at the festival as well, posing with families for free take-home pictures. All activities are free of charge. Memorial Park. For more Holiday Festival information, call (619) 585-5682.

Starlight Yule Parade

December 6

Third Avenue between H and E Streets. Features marching bands and holiday floats. The parade is scheduled to start at 5:30 pm, and travels north from H Street. For more Starlight Yule Parade information, call Downtown Business Association at (619) 422-1982.

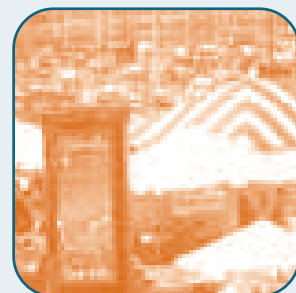
North Pole Calling

Chula Vista youngsters receive special season's greetings from the North Pole. If you have a child in kindergarten, first or second grade who would enjoy a telephone call from Santa, watch for registration information in November.

**For more information
about the events taking
place in Chula Vista
throughout the year, call the
City's special events hotline
at (619) 585-5682**

**or visit the "Calendar" link
on the City's Web site at**

www.chulavistaca.gov



C o m m u n i t y C e n t e r s

Check with each center about special holiday hours.

The Chula Vista Youth Center, Heritage, Loma Verde, Otay and Parkway Centers provide afternoon and evening activities, and programs for youngsters and adults including crafts, games and special events. The Chula Vista Youth Center, Loma Verde, Otay and Parkway Centers each have a game room available to all ages with activities which include table tennis, foosball and pool. The Chula Vista Youth Center, Otay and Parkway have indoor gymnasiums. Heritage has a dedicated crafts room with kilns and potter's wheels. Otay has a fitness center with free weights, cardio equipment and weight lifting machines (membership is required).

Center Hours

Chula Vista Community Youth Center

Frank Carson, Recreation Supervisor II
465 L Street (619) 691-5276
Mon - Thurs 3 - 8:30 pm
Fri 3 - 7 pm
Sat & Sun 12 - 4 pm

Heritage Park Community Center

Victoria Tom, Recreation Supervisor II
1381 East Palomar St. (619) 421-7032
Mon, Tue, Thurs 2 - 9 pm
Wed 2 - 8 pm
Fri 2 - 7:30
Sat 12 - 4
Sun Closed

Loma Verde Center

Sandy Lucero, Recreation Supervisor II
1420 Loma Lane (619) 691-5082
Mon - Thurs 2:30 - 8:30 pm
Friday 1:30 - 7:30 pm
Sat 12 - 4 pm
Sun Closed

Otay Recreation Center

Michelle Castagnola,
Recreation Supervisor II
3554 Main Street (619) 476-5325
Mon - Thurs 2 - 9:45 pm
Fri 2 - 7:45 pm
Sat & Sun 12 - 3:45 pm

Parkway Community Center

Shaun Ellis, Recreation Supervisor II
373 Park Way (619) 691-5083
Mon - Thu 2:30 - 8:30 pm
Fri 2:30 - 7 pm
Sat & Sun 12 - 4 pm

For more information concerning the following events, contact the center hosting the event.

COMMUNITY YOUTH CENTER

Parents Night Out

Sat, Oct. 18 5 - 9:30 pm
This night is dedicated for the parents to have a night out while the children participate in activities at the Community Youth Center. Activities include sporting events, free games, a movie, food and drinks. Limited space, please sign up in advance to secure a spot. Ages 3 & up. Activity #3197.481
Fee: \$7 per child

Overtime

The Youth Center will remain open until 11 pm after every CVHS home football game. Free food, games, and open gym.

Art Zone

Wed 3:15 - 4:15 pm
This is a FREE creative arts and crafts program for boys and girls ages 5 - 14. Each week, participants have the opportunity to try something new with art: drawing, painting, crafts, and a whole lot more.

Sports Club

Tue & Thurs 3:15 - 4:15 pm
This is a FREE program for boys and girls ages 6 - 14. Activities will include instructions on the fundamentals of indoor soccer, baseball, basketball, indoor hockey, and flag football. Teamwork and good sportsmanship will be stressed.

Game Day

Fridays 3:15 - 4:15 pm
Single and double elimination tournaments in a variety of games such as billiards, dominos, table tennis, and video games. FREE.

HAPPENING AT HERITAGE!

Kickball League

Sept. 27 - Dec. 6
Looking for a fun close-knit social experience? You've found it! Games will be played weekly and a tournament will be held at the end of the season to crown the Heritage Kickball Champion. Get your friends and neighbors together and join us for an old childhood game. This is a co-ed league and requires four participants of each gender per team. Games will be played on Saturday or Sunday.
Fee: \$100 per team
(includes all equipment, regular season games, tournament games and awards.)

Catch Recreation In Your Parks

A variety of fun for all ages in your own backyard! Sept. - Oct, 5 - 7 pm.
Call (619) 421-7032 for activities and more information.

Story Times

Space is limited to first 20 parents and children for each session.
Sept. 29 & Nov. 24

Preschool Story Time (3 yrs. & over)

10 - 10:45 am

Baby Time (3 - 5 years)

11 - 11:30 am

Fall Intersession Camp

8:30 am - 4:30 pm
Arts & crafts, games, field trips and more.
Fees range from \$100 - \$120

Nature Adventure Sept. 22 - 26

Birch Aquarium
Chula Vista Nature Center

Out & About Sept. 29 - Oct. 3

El Cajon Boardwalk
J Street Marina

Summer in Fall Oct. 6 - 10

Belmont Park
Pumpkin Patch

Halloween Carnival

Oct. 31 3 - 5 pm
Come out and enjoy some tricks and treats. Play a variety of games and participate in arts, crafts and a costume contest.
Fee: up to \$1.50 (for cost of crafts).

Santa's Secret Workshop

Dec. 12 & 19 2 - 5 pm
This is your opportunity to make a gift for your family members and give Santa your wish list, too. Wrapping will be available. Fee: FREE - \$1.50.

LOMA VERDE ROCKS!

For more information on any of the following programs, call (619) 691-5082.

Loma Verde Creative Corner

Tue 3 - 4:30 pm
This is a free program for girls and boys, ages 5 - 14. Creative Corner is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of craft projects is located at the center.

Loma Verde Sports Club

Thurs 3 - 4:30 pm
This is a free program for boys and girls, ages 6 - 14. Activities will include instructions on the fundamentals of floor hockey, soccer, baseball, basketball, and flag football. Team work and good sportsmanship will be stressed. There will be swim days and BBQs.

Programs

Fall Fest

October 24 3 - 5 pm
Come join the autumn festival! There will be a variety of activities from games, prizes, crafts, pictures, and a costume contest. All activities are FREE.

Club LV Teen Dance: Monster Bash

October 24 8 - 11 pm
DJ will be playing the best hip-hop, top 40s, and slow jams. Activities will include a best costume contest, raffles and much more. For middle and high school students. \$3 cover charge.

Santa's Workshop

December 12 2:30 - 5:30 pm
Make gifts and ornaments for 50¢ per project. Community volunteers will help the children with their projects. Come and join the fun!

Santa is Coming to Loma Verde Center

December 19 3:30 - 5 pm
Come and give Santa your last minute list. Free candy canes for everyone. Parents--don't forget your cameras!

WizKidz

The Wiz Kidz program is part of the Chula Vista Recreation Department Drug Prevention and Gang Diversion Program. Activities are designed to increase drug awareness, build self-esteem and enhance refusal skills.



Loma Verde Center

Fri 4:30 - 6:30 pm

Otay Center

Mon - Wed 3 - 4:30 pm
Thu 2 - 4:30 pm
Fri 1 - 4:30 pm

OTAY'S OUT OF SIGHT!

J.U.M.P.

Thursdays 3 - 4 pm
Join J.U.M.P., a free multi-sport program that teaches skills in a variety of different sports for ages 6 - 12.

Parent/Kid Night Out

Sept. 26 7-11 pm
Parents: drop your kids off for a few hours of fun and take some time for yourself. Kids will enjoy games, crafts, dinner, and prizes during the night of fun at Otay. Fee: \$20

Fall Fest

Nov. 21 1:30-3:30 pm
Have autumn fun with games, food, crafts, and contests. Prizes for a pie eating contest, corn husking contest, and a watermelon seed spitting contest. It's FREE!

Gifts Galore!!

Dec. 19 1:30-3:30 pm
Need a gift for a family member or friend? Come to Otay and choose a few holiday gifts to make. Fee: 50¢ per project. (Gift bag and decorating items included.)

PARKWAY PRESENTS

Parkway Projects

Fridays 3:30 - 5 pm
Join the Parkway staff for an enjoyable time creating a variety of projects for various occasions. This activity is offered free of charge.

Gym Wiffleball

Mondays & Wednesdays
Begins Sept. 8
This program is structured to teach good sportsmanship, promote team work, and of course to have fun! FREE activity. Ages 7-14 are welcome to attend.

Challenge The Staff Week

Sept. 22 - 26
Challenge staff to any game you choose. If you win, you will get a prize. Beware: Parkway staff are pretty good at all the games, so challenge if you dare. This activity is FREE for ages 6-14.

Homework Club

Tuesdays & Thursdays
Begins Sept. 9
Children can study or do homework. Staff assistance upon request. FREE!

Halloween Carnival

October 31 6 - 9 pm
\$2 will get you a beverage, popcorn and ten game tickets. Ages 3 - 14, and of course parents who are young at heart. There will also be a costume contest. Prizes will be given to the scariest, cutest, and most creative costumes. Drop by after trick or treating or come and enjoy the whole event.

Turkey Shoot / Pool Tournament

Nov. 17-21 3:30 - 4:30 pm
Play "King of the Table" until you lose each day (if you lose you can sign up again). The last person on the table each day at 5 pm wins. The winners from each day are invited back on Friday for the tournament of champions and a prize will be given. FREE!

Holiday Day Camp

Dec. 22 - 24 & Dec. 29 - 31
This popular camp is scheduled during those two weeks when the children are out of school. An array of activities, projects, and games are planned for this six-day camp.



**Come join the
fun at the
Chula Vista
Community
Centers!**

Fall Recreational Classes

The following are 10-week courses, unless specified otherwise. Classes begin the week of September 22, and end the week of December 1. There will be no class from November 24 - 30 in observance of Thanksgiving.

PRESCHOOL • KIDS

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Each session, "little bees" will experience two different sports. Class meets both Friday and Saturday. Includes T-shirt, sports photo and award. Parents are encouraged to attend.

Instructor: Staff

Fee: \$85 Resident / \$105 Nonresident

Ages 2 - 3 yrs.

#0150.441 Otay

T-Ball and Basketball

Fri 4 - 4:45 pm

Sat (games) 4 - 4:45 pm

#0150.401 Heritage

Basketball and Hockey

Fri 4 - 4:45 pm

Sat (games) 10 - 10:45 am

Ages 4 - 5 yrs.

#0150.443 Otay

T-Ball and Basketball

Fri 5 - 5:45 pm

Sat (games) 5 - 5:45 pm

#0150.402 Heritage

Basketball and Hockey

Fri 4:55 - 5:40 pm

Sat (games) 11 - 11:45 am

Tiny Tots

Ages 3 - 5 yrs.

The Recreation Department Tiny Tot program is designed to provide worthwhile and enjoyable experiences for youngsters in their first step from home into a stimulating and enjoyable recreational environment. Daily activities include storytelling, arts and crafts, show and tell, music, and games to develop social skills. We recommend that children who are registered for four days be enrolled at different centers. Parents provide daily snacks. All participants must be completely potty trained. Children must be at least 3 years of age prior to the beginning of the session. Proof of age is required at the first class meeting.

Instructors: D. Sakamoto (PW),

M. Campos (LV)

Fee: \$110 Resident / \$138 Nonresident

#0090.461

Tue/Thu

#0090.422

Tue/Thu

#0090.463

Wed/Fri

#0090.424

Wed/Fri

Parkway

9 - 11:50 am

Loma Verde

9 - 11:50 am

Parkway

9 - 11:50 am

Loma Verde

9 - 11:50 am

Learn & Play

3 - 5 yrs.

This class is designed for children with more than one interest. There are four focus points of the class (two weeks each), including arts & crafts, music & movement, language & number development, and sports clinics. Each week, your child will bring home an item highlighting their accomplishments. Parents are encouraged to participate with the child.

Instructor: Staff

Fee: \$90 Resident / \$112 Nonresident

#0230.441

Tue/Thu

Otay

9:30 - 11 am

Preschool Tumbling

4 - 5 yrs.

This class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling skills. Beginning tumblers must enroll in Preschool Tumbling I. To register for the classes, follow the guidelines listed on page 16.

Instructors: L. Cornwall, A. Camastro-Lee
Fee: \$30 Resident / \$36 Nonresident

Pre-School Tumbling I

#0010.461

Fri

Parkway

2:30 - 3:20 pm

#0010.433

Sat

Loma Verde

9 - 9:50 am

Pre-School Tumbling II

#0010.465

Sat

Parkway

10 - 10:50 am

#0010.425

Sat

Loma Verde

10 - 10:50 am

#0010.433

Sat

Loma Verde

9 - 9:50 am

Mom (or Dad) & Me

18 mos. - 3 yrs.

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between the parent

and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: V. Gonzalez

Fee: \$26 Resident / \$33 Nonresident

#0001.461

Tue

Parkway

10 - 10:50 am

Kreative Wonders 18 mo. - 5 yrs.

Movement Education

Emphasis for this program is focused on building children's perceptual and locomotor skills as well as their self esteem through a variety of movement activities, including parachute play, obstacle courses, singing and group interaction. Physical strength, flexibility and overall body awareness are gained through fun and challenging, age-appropriate exercises such as climbing, jumping, rolling, balancing and basic tumbling and gymnastic skills. Instructors: C. Paseman (H), Staff (Otay)
Fee: \$45 Resident / \$55 Nonresident

Toddler Gym

18 mos. - 2 1/2 yrs.

#0050.444

Mon

Otay

3:40 - 4:20 pm

#0050.401

Wed

Heritage

9 - 9:40 am

#0050.402

Fri

Heritage

9 - 9:40 am

#0050.403

Sat

Heritage

9 - 9:40 am

Kinder Gym

2 1/2 - 3 1/2 yrs. (w/ Adult)

#0055.401

Wed

Heritage

9:45 - 10:25 am

#0055.402

Fri

Heritage

9:45 - 10:25 am

#0055.403

Sat

Heritage

9:45 - 10:25 am

#0055.443

Mon

Otay

5:20 - 6 pm

Kinder Gym 2

3 1/2 - 5 yrs.

#0060.401

Wed

Heritage

10:30 - 11:10 am

#0060.402

Fri

Heritage

10:30 - 11:10 am

#0060.403

Sat

Heritage

10:30 - 11:10 am

#0060.443

Mon

Otay

4:30 - 5:10 pm

Preschool • Kids

Music for Kids 3-5 yrs. w/ Adult
This music and movement class is fun, and will enhance all areas of your child's development. Through singing, movement, and playing simple rhythm instruments, the foundation for a life-long love of music is established.

8-week class. No class Oct. 15.
Instructor: L. Lagandaon, L. Solis
Fee: \$45 Resident / \$55 Nonresident

#0160.401 Heritage
Wed 5 - 5:45 pm
#0160.402 Heritage
Wed 6 - 6:45 pm

Preschool Tap Dance 4 & 5 yrs.
Emphasis on motor skills using creative movement with imagination. Instructors: T. Webster (PW / Heritage), C. Martinez (Otay), M. Gorman (YC)
Youth Center; Parkway & Heritage Fee: \$30 Resident / \$37 Nonresident
Otay Fee (8-week class): \$38 Resident / \$47 Nonresident

#0120.445 Otay
Thu 3:30 - 4 pm
#0120.461 Parkway (8 weeks)
Wed 4:15 - 4:45 pm
#0120.485 CV Youth Center
Fri 4 - 4:30 pm
#0120.401 Heritage
Mon 3:45 - 4:15 pm

Preschool Hip Hop 3 - 5 yrs.
This class is for the little dancers who want to learn the basic moves of hip hop and have fun at the same time.
Instructor: A. Hernandez
Fee: \$30 Resident / \$37 Nonresident

#0200.441 Otay
Thu 4 - 4:30 pm

Preschool Jazz/Hip Hop 3 - 5 yrs.
Students learn the basic dance technique and terminology in Jazz, doing dance combinations & having fun at the same time.
Instructor: G. Andrade
Fee: \$30 Resident / \$37 Nonresident

#0160.421 Loma Verde
Mon 2:30-3:30 pm

Preschool Mexican Folk Dance 3 - 5 yrs.
Basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor-learning skills.
Instructors: M. Gorman
Fee: \$25 Resident / \$30 Nonresident

#0140.481 CV Youth Center
Tue 4 - 4:30 pm

Preschool Bailes Lindos - Folklórico 1 - 5 yrs.
The basics of graceful and exciting Folklórico dance will be taught to beginners. Learn rhythm and listening skills.
Instructor: M. Sanchez
Fee: \$30 Resident / \$37 Nonresident

#0140.443 Otay
Tue 4 - 4:30 pm
#0140.444 Otay
Sat 2:15 - 2:45 pm
#0210.421 Loma Verde
Thu 4:15 - 4:45 pm

Preschool Latin Dance 1 - 5 yrs.
Students learn the basics of Latin Dances in an exciting atmosphere. Class is intended for beginners.
Instructor: M. Sanchez
Fee: \$30 Resident / \$37 Nonresident

#0210.441 Otay
Sat 12:30 pm - 1 pm

Preschool Ballet 3 - 5 yrs.
Students will learn elementary ballet techniques and terminology with increased emphasis on basic motor skills utilizing creative movement combined with imagination. This course covers routines, rhythm, coordination and stretching. Students will also perform in a December dance recital.
Instructors: C. Soriano - Perez
Fee: \$25 Resident / \$30 Nonresident

#0110.461 Parkway
(new students) Mon 4 - 4:30 pm
#0110.462 Parkway
(returning students) Mon 4:30 - 5 pm
#0110.463 Parkway
Tue 4 - 4:30 pm

#0110.444
Wed
#0110.485
Thu
#0110.401
(returning students)

Thu 5:30 - 6 pm
#0110.402 Heritage
(new students) 5:45 - 6:15 pm
Fri 6:15 - 6:45 pm
#0110.426 Loma Verde
(new students) 4 - 4:30 pm
Fri 4:30 - 5 pm
#0110.427 Loma Verde
(returning students)

Preschool Ballet & Tap 3 - 5 yrs.
Students will learn elementary techniques of ballet and tap. This class helps develop motor learning skills, teaches terminology with increased emphasis on creative movement combined with imagination and FUN! This course also covers routines, rhythm, coordination and stretching.
Instructor: C. Soriano-Perez
Fee: \$25 Resident / \$30 Nonresident

#0110.488 CV Youth Center
Sat 12:30 pm - 1 pm

Preschool Belly Dancing 3 - 5 yrs.
Students will learn basic belly dancing movements. 8-week class.
Instructor: C. Martinez
Fee: \$38 Resident / \$48 Nonresident

#0180.461 Parkway
Fri 3:30 - 4 pm

Preschool Traditional Dance Folklórico Mexicano 3-5 yrs.
Basic recreational instruction in various regional dances. The emphasis is on developing rhythm and motor skills.
Instructor: Y. Chacón-Beníquez
Fee: \$30 Resident / \$37 Nonresident

#0140.462 Parkway
Sat 9:30 - 10 am

Fall Recreational Classes

The following are 10-week courses, unless specified otherwise. Classes begin the week of September 22, and end the week of December 1. There will be no class from November 24 - 30 in observance of Thanksgiving.

PERFORMING ARTS • DANCE

Ballet

Students will learn ballet steps, techniques and terminology as they have fun and improve their poise. This course covers ballet combinations, rhythm, coordination and stretching. Perform in a December dance recital.

Instructor: C. Soriano-Perez

Fee: \$30 Resident / \$37 Nonresident

Level 1	6 yrs. & over
#1230.442	Otay-MAAC
Wed	5:30 - 6:15 pm
#1230.483	CV Youth Center
Thu	4:30 - 5:15 pm
Levels 1 & 2	6 yrs. & over
#1235.401	Heritage
Thu	6 - 6:45 pm
#1235.402	Heritage
Fri	6:45 - 7:30 pm
#1235.424	Loma Verde
Fri	5 - 5:45 pm
Level 2 & 3	8 yrs. & over
#1240.461	Parkway
Tue	4:30 - 5:15 pm
Level 3 & 4	10 yrs. & over
#1245.461	Parkway
Mon	5:45 - 6:30 pm
#1230.461	Parkway
Mon	5 - 5:45 pm

Tap Dance (Level 1) 6 yrs. & over
Emphasis is on basic steps, rhythm and easy routines.

Instructors: T. Webster (H, PW),
C. Martinez (Otay), M. Gorman (YC)

#1205.401	Heritage
\$45 Resident / \$57 Nonresident	
Mon	4:15 - 5 pm
#1205.445	Otay (8-week class)
\$42 Resident / \$53 Nonresident	
Thu	4 - 4:50 pm
#1205.461	Parkway (8 weeks)
\$45 Resident / \$57 Nonresident	
Wed	4:45 - 5:35 pm
#1205.481	CV Youth Center
\$35 Resident / \$44 Nonresident	
Fri	4:30 - 5:20 pm

Ballet & Tap 5yrs & over
Spice up your child's life with our new dancing styles, add a little fun with this GREAT new program, learn all the latest techniques of ballet and tap. Perform in a December dance recital. Boys are welcome to join! Perform in a December dance recital.
Instructor: C. Soriano-Perez
Fee: \$35 Resident / \$42 Nonresident

Ages 5 - 9 yrs.
#1230.484 Sat CV Youth Center
1 - 1:45pm

Ages 10 and up
#1235.486 Sat CV Youth Center
1:45 - 2:30pm

Adult Tap Dance 16 yrs. & over
Toe-tappin' fun, learning basic steps through intermediate routines. Great exercise, great class! Tap shoes required at second class meeting.
Instructor: C. Schroeder
Fee: \$25 Resident / \$30 Nonresident

#1260.462 **Parkway**
Mon 7 - 7:50 pm

Jazz/Hip Hop
Students have fun as they learn basic and advanced dance techniques, combinations and terminology.
Instructor: G. Andrade

Level 1 6 - 8 yrs.
Fee: \$35 Resident / \$42 Nonresident
#1365.421 Loma Verde
Tue 2:30-3:30 pm
Level 2 & 3 8 yrs. & over
Fee: \$45 Resident / \$55 Nonresident
#1365.422 Loma Verde
Mon & Tue 3:30 - 4:45 pm

Hip Hop
This class is for anyone who wants to learn basic hip hop, or improve on their skills. Open to all those who want to meet new people and have fun!
Instructor: A. Hassan (YC & Heritage), A. Hernandez (Otay)
Fee: \$42 Resident / \$53 Nonresident

Ages 8 - 13 yrs.
#1365.481 C.V. Youth Center
Tue 7:30 - 8:20 pm
#1365.443 Otay
Wed 6:30 - 7:20 pm
#1365.401 Heritage
Thu 4:45 - 5:30 pm

Ages 14 yrs. & over
#1365.482 C.V. Youth Center
Tue 8:20 - 9:10 pm

Jazzy Line Dancing 13 yrs. & over
Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that ranges from beginner to intermediate levels.
Instructor: B. Ellis
Fee: \$45 Resident / \$55 Nonresident

#1510.401 **Heritage**
Tue & Thu 7 - 9 pm

Teen / Adult Jazz 13yrs & older
Participants will enjoy a unique and energetic class where they work on their flexibility, dance technique, terminology and performance. Combinations include lyrical and funk jazz. 8-week class.
Instructor: Michael V

Level 1&2
Fee: \$35 Resident / \$43 Nonresident
Tue 6:30 - 8 pm
#1610.441 Otay

Level 3&4
Fee: \$35 Resident / \$43 Nonresident
Thu 5:15 - 6:45 pm
#1610.442 Otay

Teen/Adult Lyrical Jazz 13 yrs & over
Participants will enjoy a fun, high-energy class where they will improve motor skills, flexibility and technical expertise through dance movement. Participants will learn vocabulary and choreography using a lyrical and jazz style. At the end of their session they will be able to present a lyrical jazz dance.
Instructor: Ginger Rice
Fee: \$30 Resident / \$36 Nonresident

#1610.441 **Otay**
Tue 3:30 - 4:30 pm

#1630.442 **Otay**
Thu 5:15 - 6:15 pm

Break Dance - ages 7 and up
Take part in learning the most dynamic dance in the world, Breakdancing! This course will take you through the fundamentals of 6-steps, top-rocks, up-rocks, poses, footwork and more. Great cardiovascular workout and flexibility conditioning. Instruction by some of San Diego's top B-boys.
Fee: \$45 Resident / \$55 Resident

#1650.441 **Otay**
Sat 1:30 - 3 pm

Performing Arts • Dance

Youth Belly Dancing 6 - 12 yrs.

Students will learn rhythm, coordination and stretching. Middle Eastern outfits are colorful and have a lot of sparkle. Veils are fun! No class Oct. 15 at Heritage.

Instructors: S. Eastwood (YC),
D. Wiesner (H),

#1410.481 CV Youth Center

Fee: \$30 Resident / \$37 Nonresident

Mon (8 weeks) 3:30 - 4:10 pm

#1410.401 Heritage

Fee: \$45 Resident / \$55 Nonresident

Wed 5 - 5:50 pm

Traditional Dance – Folklorico Mexicano

Instruction offered in regional dances with emphasis on stage performance, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident / \$37 Nonresident

Beginning 6 yrs. and over

#1245.463 (Level 1) Parkway
Sat 11 - 11:50 am

#1245.462 (Level 2) Parkway
Sat 10 - 10:50 am

Emerging Level 11 - 20 yrs.

#1250.461 Parkway
Sat 1 - 1:50 pm

Intermediate 7 yrs. & over

#1250.463 (Level 1) Parkway
Sat 2 - 2:50 pm

#1250.462 (Level 2) Parkway
Sat 12 - 12:50 pm

Advanced 8 yrs. & over

#1255.461 Parkway
Thu 6 - 6:50 pm

Mexican Folk Dance (Beginning) 6 yrs. & over

Instruction offered in regional dances with emphasis on stage presence, self confidence and projection. Performances are given throughout the year. Costuming cost not included in fee. Instructor approval required for Level 2, Intermediate and Advanced classes.

Instructors: M. Gorman (YC), M. Sanchez (Otay & LV)
Fee: \$30 Resident / \$37 Nonresident

#1245.381 CV Youth Center

Tue 4:30 - 5:20 pm

Sat 11 - 11:50 pm

#1245.421 Loma Verde

Thu 5 - 5:45 pm

#1245.444 Otay

Tue 4:45 - 5:30 pm

#1245.445 Otay

Sat 3 - 3:45 pm

Dance Technique - Folklorico Mexicano

11 - 20 yrs.

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

\$30 Resident / \$38 Nonresident

#1260.461 (Girls only) Parkway

Sat 3 - 3:50 pm

Latin Dance 6 - 14 yrs.

The basics of graceful and exciting Latin dance will be taught to beginners. Learn rhythm and listening skills.

Instructor: M. Sanchez

\$30 Resident / \$37 Nonresident

#1310.441 Otay

Sat 1:15 - 2 pm

Hawaiian-Tahitian Dance 6 - 10 yrs.

This class teaches the basics of Hawaiian & Tahitian dance, focusing on movement of the lower body and hands. No class Oct. 15.

Instructor: W. Casillo

\$40 Resident / \$50 Nonresident

#1270.401 Heritage

Wed 4 - 4:50 pm

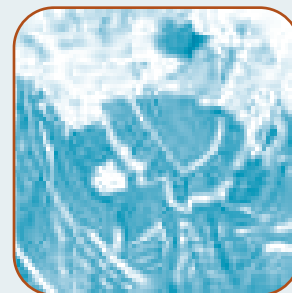
Afro Cuban Rhythms 8 yrs. & over

This class enhances students' abilities within the realm of Afro Cuban Music. Learn how to play and perform several Afro Cuban Instruments. Instructor, Juan Sanchez, has trained with some of the best international musicians, including Emilio Camacho, Tom Float, Erick Mabre, and Mark Lambson. If you are interested in developing your Afro Cuban groove, this is the class for you!

\$45 Resident / \$54 Nonresident

#1311.481 CV Youth Center

Wed 3:30 - 5 pm



Fall Recreational Classes

The following are 10-week courses, unless specified otherwise. Classes begin the week of September 22, and end the week of December 1. There will be no class from November 24 - 30 in observance of Thanksgiving.

Bailes Lindos – Folklórico Mexicano

Experience the beautiful culture of Mexico with "Bailes Lindos." Participants develop poise, rhythm, teamwork, stage presence, and an appreciation for Latin America's rich history. Fundamental ballet and tap concepts are woven into the instruction. Material costs are additional to the class fee. Instructor's approval is required for intermediate & advanced classes.

Instructor: J. Gutiérrez-Reed

Fee: \$30 Resident / \$37 Non-Resident

Beginning 8 yrs. & over
#1246.481 CV Youth Center
Sat 9 - 9:40 am

Intermediate 9 yrs. & over
#1248.483 CV Youth Center
Sat 9:45 - 10:30 am

Advanced 10 yrs. & over
#1248.485 CV Youth Center
Sat 10:40 - 11:30 am

#1248.484 CV Youth Center
Wed 6:15 - 7:30 pm

Polynesian Dance

The basics of graceful and exciting Polynesian dance will be taught to beginners. New dances will be introduced to intermediate and advanced students, with emphasis on challenging routines and preparation for public appearances. Instructor's approval is required for all intermediate & advanced classes.

Instructors: G. Berthiaume & S. Rogacion (LV), L. Jazmin (OT)

Loma Verde Fee:

\$25 Resident / \$30 Nonresident

Otay Fee:

\$35 Resident / \$43 Nonresident

Beginning Ages 5 & over
#1280.441 Otay
Mon 6:30 - 7:20 pm

#1280.422 Loma Verde
Thu 5:45 - 6:35 pm

#1280.423 Loma Verde
Sat 10 - 10:50 am

Beginning Ages 12 - Adults
#1290.421 Loma Verde
Wed 7:30 - 8:20 pm

#1290.422 Loma Verde
Sat 12:00-12:50 pm

Intermediate

#1295.421

Wed

#1295.422

Sat

Advanced

#1298.425

Wed

Ages 8 & over

Loma Verde

5:30 - 6:20 pm

Loma Verde

11 - 11:50 am

9 yrs. & over

Loma Verde

6:30 - 7:20 pm

Belly Dancing Adults

This ancient and beautiful art form has many movements that are thousands of years old. The class will cover body movements, veils and finger cymbals with dance. Youth Center classes are 8 weeks. Instructors: Anjela (PW), S. Eastwood (YC), D. Wiesner (HC)

Fee: \$45 Resident / \$55 Nonresident

#1540.401

Mon

#1540.481

Mon

#1540.462

Wed

Heritage

6 - 6:50 pm

CV Youth Center

6 - 6:45 pm

Parkway

6:30 - 7:20 pm

Instructor: C. Martinez

8-week class

#1540.469

Fri

#1410.443

Tue

Ages 6 & over

Parkway

4 - 4:50 pm

Otay

4 - 4:50 pm

Flamenco Dance

Flamenco, one of the most renowned of all Spanish dances, is from Andalusia, and is a genuine southern Spanish art, influenced by diverse cultures and civilizations throughout history. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructors: D. Wiesner

Fee: \$45 Resident / \$55 Nonresident

Intro Level

#1465.401

Tue

Beg. Level I

#1470.401

Tue

6 - 12 yrs.

Heritage

5 - 5:50 pm

Adults

Heritage

6 - 6:50 pm

Beginning Salsa/Merengue Adults

Learn to dance to the popular Salsa and Merengue music. Everyone is welcome to join the fun. Participants should have prior knowledge of the basic steps of Salsa and Merengue for the intermediate class.

Instructor: E. Arredondo

Fee: \$30 Resident / \$37 Nonresident

Beginning

#1480.421

Mon

Loma Verde

7 - 7:50 pm

Beginning / Intermediate

#1485.422

Thu

Loma Verde

7 - 7:50 pm

Intermediate

#1485.423

Tue

Loma Verde

7 - 7:50 pm

Cheer/Dance

7 - 10 yrs.

Students will learn the basics of cheer and dance, and learn what it takes to become a good cheerleader. No class Oct. 15.

Instructor: A. Hassan

Fee: \$45 Resident / \$54 Nonresident

#1430.401

Wed

Heritage

3 - 3:50 pm

Creative Art of Acting

Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting and vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: Resident \$42 / Nonresident \$53

6 - 8 yrs.

#1530.441

Tue

Otay

6:30 - 7:30 pm

9 yrs & over

#1530.462 Chula Vista Woman's Club

Sun

2 - 4 pm

#1530.444

Wed

Otay

6:30 - 8:30 pm

Guitar

8 yrs. & over

Experience the world of guitar playing. This course is designed to teach how to finger the guitar, read music, learn chords and rhythms. The guitar will need to be provided by the student and Melbay's Modern Guitar Book No. One is required.

Instructor: W. Rivera

Fee: \$52 Resident / \$63 Nonresident

Performing Arts • Dance • Creative Classes

Beginning Guitar

#1560.481 CV Youth Center
Wed 5 - 5:50 pm

#1560.401 Heritage
Mon 5 - 5:50 pm

#4320.484
Lighthouse Christian Fellowship
630 Corte Maria (off of I Street)
Call (619) 691-5276 for directions
Mon 7:15 - 8:05 pm

Intermediate Guitar

#1560.482 CV Youth Center
Wed 6 - 6:50 pm

Instant Piano

(for hopelessly busy adults)
In just one three-hour workshop, students can learn enough secrets of the trade to provide years of enjoyment at the piano. Learn all the chords needed to play a song in class. It's easy & fun. \$20 materials fee will be required at the first class for a spiral bound book and 60 minute cassette tape for home study practice.

Instructor: J. Davis
Fee: \$30 Resident / \$36 Nonresident

#1590.481 Chula Vista Woman's Club
Mon (December 8) 6 - 9 pm

CREATIVE CLASSES

Cartooning 8 - 14 yrs.

Learn the basic drawing techniques of cartooning. Students will learn how to render everyday objects and people as cartoons and will be shown how to develop their own cartoon characters into a comic strip. In addition, students will be taught comic book production and drawing techniques. Fee includes supplies. Instructor: G. Holcomb

Fee: \$31 Resident / \$39 Nonresident

#3260.462 Parkway
Wed 6 - 6:50 pm

Scrapbooking

12 yrs. & over
Make your own scrapbooks quickly and easily. Learn how to make your pictures, photos and memories safe, meaningful and creative. Fee includes all reading materials, supplies to complete two (2) pages front and back and bonus gifts! Extra supplies and materials will be available for additional fee. Please bring pictures.

Instructor: K. Ralston
Fee: \$40 Resident / \$49 Nonresident

#3180.401 Heritage
Mon 6 - 8 pm

*NOTE: Class will be held Sept. 22;
Oct. 6, 20; Nov. 3, 17

Floral Design Adults 16 yrs. & over
September 26 - October 31
Beat the costly floral arrangements in the market. Learn the basics of floral arrangement and design your own floral displays for your home. Note: there is a materials fee of \$25 in addition to the class cost. Class meets Sept. 26 - Oct 31.

Instructor: C. Littlejohn
Fee: \$40 Resident / \$50 Nonresident

#3999.480 CV Youth Center
Fri 5 - 7 pm

Silk Floral Design 16 yrs. & over
This class is intended for intermediate level students of floral design. Students will learn intermediate and advanced techniques to floral design, including the use of silk flowers, to make displays for their home and gifts for friends and family. Note: there is a materials fee of \$25 in addition to the class cost payable to the instructor on the first day of class. Class meets September 27 - November 1. Instructor: C. Littlejohn
Fee: \$40 Resident \$50 Nonresident

#3999.485 CV Youth Center
Sat 9 am - 12 pm

Saltwater Sport Fishing 13 yrs. & over
Learn the art of saltwater sport fishing from champion fisherman Dennis Burlason. Includes basic rod and reel repair and lure making. Class meets Sept. 23 - Oct. 28. An optional in-water session may be offered by the instructor; however the in-water class is not affiliated with the City of Chula Vista. Please see page 16 under "Outside Performances."
Fee: \$35 Resident / \$42 Nonresident

#4381.484 CV Youth Center
Tue 6 pm - 6:50 pm

Art for Fun

Enjoy arts and crafts projects and experience working with different materials. Creativity and use of imagination are encouraged. Fee includes materials. No class Oct. 10.

Instructor: M. Anzaldúa
Fee: \$35 Resident / \$43 Nonresident

5 - 7 years (with adult):
#3145.401 Heritage
Fri 3 - 3:50 pm

8 - 11 years:
#3145.402 Heritage
Fri 4 - 4:50 pm

Cooking 6 - 12 yrs.
Youngsters learn their way around the kitchen as well as the basics of nutrition. Instructors: Staff
Fee: \$22 Resident / \$27 Nonresident

#3111.421 Loma Verde
Wed 3:30 - 4:30 pm

#3111.462 Parkway
Thu 3:30 - 5 pm

Instructor: S. Longville

#3111.443 Otay
Fri 4:30 - 5:20 pm

Drawing Plus! 6 - 10 yrs.
This 8-week course starts with several weeks of basic drawing - people, animals, places and plants with crayons, oil pastels, markers and pencils, etc. - then adds painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable. Instructors: J. Colby (PW), C. Longville (OT)
Fee: \$42 Resident / \$53 Nonresident

#3110.461 Parkway
Wed 3:30 - 4:20 pm

#3110.442 Otay
Mon 4:30 - 5:20 pm

Drawing For Kids 6-10 yrs.
Beginning drawing class where kids will develop a sense of observation. Creativity and individuality will be encouraged. Different media will be presented (pencil, chalk, marker, etc.) Instructor: C. Olimon
Fee: \$45 Resident / \$55 Nonresident

#3160.401 Heritage
Tue 5 - 5:50 pm
#3160.402 Heritage
Tue 6 - 6:50 pm

Melt & Pour Soapcrafting 13 - Adult
Crafting with transparent and opaque melt and pour soap is creative, fun, and easy. This class will cover all the basics, including coloration, scenting, and embedding, with demonstration of several complex coloring techniques. Optional materials available for purchase. Instructor: L. Gonzales
Fee: \$40 Resident / \$49 Nonresident

#3300.401 Heritage
Nov. 15 9 am - 12 pm

Fall Recreational Classes

The following are 10-week courses, unless specified otherwise. Classes begin the week of September 22, and end the week of December 1. There will be no class from November 24 - 30 in observance of Thanksgiving.

Home Soap Making Ages 13-18
(must be accompanied by an adult)
Herbal soaps are gentle to your skin, environmentally friendly, and make special, unique gifts. Come learn the basic of natural soapmaking through a demonstration of the traditional cold-process method using oils and sodium hydroxide. Topics include choosing suitable oils and molds, scenting with aromatherapy essential oils, and using herbs and natural dyes for coloration.
Instructor: L. Gonzales
Fee: \$30 Resident / \$37 Nonresident

#3310.401 **Heritage**
Oct. 25 9 am - 12 pm

Clay Plus! 6 - 10 yrs.
Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." This is a 9-week course.
Instructor: J. Colby
Fee: \$40 Resident / \$50 Nonresident

#3120.461 **Parkway**
Wed 4:30 - 5:20 pm

Totally Art! 6 - 10 yrs.
Banners and books, cards and creatures, constructions, collages, montages and masks are among the art projects in this course of exploration in many media. Dress for mess! Fee includes supplies.
Instructor: Staff
Fee: \$30 Resident / \$37 Nonresident

#3150.401 **Heritage**
Mon 5 - 5:50 pm

#3150.403 **Heritage**
Tue 4 - 4:50 pm

#3150.442 **Otay**
Tue 4:30 - 5:20 pm

Ceramics 10 yrs & over
This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Other materials are supplied by students.
Instructor: N. Wallis (Loma Verde)
Fee: \$33 Resident / \$38 Nonresident

#3200.421 **Loma Verde**
Tue 9 - 12 am

#3200.423 **Loma Verde**
Wed 6 - 8 pm

#3200.422 **Loma Verde**
Wed 9 - 12 am

Creative Clay 6 yrs. & over
This class welcomes beginning through advanced students. Several basic ceramic handbuilding techniques will be taught. Creativity will be encouraged along with learning. Fee includes one bag of clay, some tools and glazes. Extra clay, tools and glazes are additional.
Instructor: A. Melzer
Fee: \$36 Resident / \$43 Nonresident

#3180.421 **Loma Verde**
Mon 6 - 8 pm

Creative Studio
Come surprise yourself! Explore and renew your creative spirit! We will enjoy music and experiment with writing, drawing, painting and sculpture. This is an opportunity for anyone to come create individually or with friends or even the kids. There are plenty of materials for everyone. We'll have a public artist/educator facilitating.
Instructor: J. Brisebois
Fee: \$45 Resident / \$55 Nonresident

#3220.401 **Heritage**
Tue 7 - 9 pm

Intro to Clay
Learn basic techniques in clay using a variety of methods. Projects will include handbuilding and throwing on a potter's wheel. Creativity and learning is always encouraged in a safe and friendly environment. A materials fee of \$16 will be paid to the instructor on the first day of class (adults only). Class will meet for the first nine weeks.
Instructor: A. Bernard-Bryant
Fee: \$29 Resident / \$37 Nonresident

Children 7 - 10 yrs.
#3230.401 **Heritage**
Thu 4:30 - 5:30 pm

Youth 11 - 18 yrs.
#3235.401 **Heritage**
Thu 5:45 - 6:45 pm

Adults
#3240.401 **Heritage**
Thu 7 - 8:30 pm

Mosaic Tile Adults
Decorate patio block, a picture frame, a jar, and make your own projects. Learn to cut glass and work with tile, glue and grout. Join us, and have a great time decorating your house with tile projects! No class Oct. 8 & 15. No children, please. 9-week class.

#3240.401 **Heritage**
Thu 7 - 8:30 pm

Mosaic Tile Adults
Decorate patio block, a picture frame, a jar, and make your own projects. Learn to cut glass and work with tile, glue and grout. Join us, and have a great time decorating your house with tile projects! No class Oct. 8 & 15. No children, please. 9-week class.

Instructor: M. Anzaldúa
Fee: \$45 Resident / \$57 Nonresident

Beginner
#3155.401 **Heritage**
Fri 5 - 5:50 pm

Intermediate
#3155.402 **Heritage**
Fri 6 - 7 pm

Awesome Art 8 yrs. & over
Students will learn the art of crafting from a variety of materials (wood, fiber, metal, and clay). Basic tools and supplies will be provided; additional materials are optional. Projects are easy to assemble, and are fun for all ages.
Instructor: A. Melzer
Fee: \$36 Resident / \$43 Nonresident

#1531.421 **Loma Verde**
Thu 6 - 8 pm

Uñas Acrílicas 13 yrs. & over
Clases acerca de uñas acrílicas en español. Estudiantes aprenderán como aplicar uñas preciosas por una profesional. Los estudiantes tienen que proveer sus propias materiales.
(This class is offered in the Spanish language only.)
Instructor: M. Lizarraga
Fee: \$35 Resident / \$42 Nonresident

#3112.481 **CV Youth Center**
Thu 4 - 6 pm

Cocina Para Adultos 16 yrs. & over
Clases acerca de cocina para los adultos en español. Estudiantes aprenderán como hacer comidas especiales de diferentes partes del mundo. Los estudiantes tienen que pagar una cuenta nominal en cada clase para la comida.
(This class is offered in the Spanish language only.)
Instructor: M. Lizarraga
Fee: \$35 Resident / \$42 Nonresident

#3181.481 **CV Youth Center**
Mon 4 - 6 pm

Creative Classes • Fitness

FITNESS

Aerobics, Stretch & Strength Adults

An all-over shaping and strengthening workout using free weights and body weight. Be strong...look better, feel better...get results! Enroll with the instructor:

Instructor: N. Kelsey

Fee: \$5/single class or \$20/month*

Parkway Center

Mon/Thu 5:30 - 6:30 pm

*Cross-train throughout the month. Those who want to combine both weight workouts and aerobic exercise can take off \$5 from the combined monthly prices, and attend both of the classes. Classes may be started at any time.

Loma Verde Step Aerobics Adults

Tone, firm and shape the upper and lower body with exercise bands and hand weights. Improve circulation and breathing, strengthen bones and muscles. Decrease stress and anxiety, gain better control of body weight and diet. Lower both blood pressure and cholesterol. Meet new friends and most importantly, have fun!

Instructor: C. Saunders

Fee: \$5/day or \$20/month

Loma Verde

Mon/Wed/Fri 6 - 7 pm

Aerobic Combo Adults

A combination class that incorporates hi and low-impact aerobics, step aerobics, body sculpting, and/or kick-boxing into one total body aerobic workout. Students gain proper education for use of equipment utilized while performing each exercise, correct load and repetitions utilized in order to achieve an individualized training effect and motivational instruction. No class Oct. 15.

Instructor: P. Payne

Fee: \$5/class or \$55/10-week session

#4100.401 Heritage

Mon/Wed 7 - 7:45 pm

#4100.402 Heritage

Tue/Thu 10 - 10:45 am

Parkway Step Aerobics Adults

Cardiovascular workouts combining traditional aerobic exercise and the STEP. Improve health and burn the fat away! Enroll with the instructor:

Instructor: N. Kelsey

Fee: \$5/single class or \$20/month*

Parkway Center

Tue/Fri 5:30 - 6:30 pm

Tai-Chi Adults

Tai-Chi is a slow meditative moving exercise which develops physical, mental, and emotional health and coordination. It has been proven to relieve stress, the common cause of many ailments. Tai-Chi also develops agility and balance.

Instructor: D. Mariano

Fee: \$60 Resident / \$75 Nonresident

#4120.401

Tue & Thu

Heritage

9 - 10 am

Yoga

Adults

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez (YC, LV), F. Rosas (Heritage)

Fee: \$42 Resident / \$51 Nonresident

#4110.481 (10 weeks) CV Youth Center

Mon 6:30 - 7:30 pm

Tue 6 - 7 pm

#4110.422 (10 weeks) Loma Verde

Wed 7 - 8 pm

Thu 6 - 7 pm

Heritage (no class Oct. 15)

Fee: \$5 per day or \$40 per month

Mon 8 - 9 pm

Wed 7 - 8 pm

Sat 9 - 10 am

Games Galore! 5 - 10 yrs.

Fundamentals of teamwork and sportsmanship are stressed. Activities vary.

Instructor: Staff (PW), Staff (Otay)

Fee: \$25 Resident / \$30 Nonresident

Ages 5 - 6 Years:

#4050.461

Tue

Parkway

4 - 4:50 pm

Ages 6 - 10 Years:

#4050.443

Tue

Otay

5:35 - 6:25 pm



Fall Recreational Classes

The following are 10-week courses, unless specified otherwise. Classes begin the week of September 22, and end the week of December 1. There will be no class from November 24 - 30 in observance of Thanksgiving.

Emerging Athletes Program

The Emerging Athletes Program is a series of 9-week courses designed to provide an introduction to various sports. Each session consists of two sports and one week of leisure activities. Fee includes T-shirt and award.

Instructors: Staff

Fee: \$80 Resident / \$100 Nonresident

LaCrosse & Golf 6 - 10 yrs.

#4060.401 Heritage

Tue & Thu 4 - 4:45 pm

Archery

Learn the fun and growing sport of archery. Basic instruction is provided by an instructor certified by the National Archery Association. Equipment is provided. The class location is Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: M. LeBlanc

Fee: \$45 Resident / \$54 Nonresident

Beginning 8 - 17 yrs.

#4230.481 Paseo Del Rey Park

Sat 9 - 9:50 am

Intermediate 8 - 17 yrs.

#4235.481* Paseo Del Rey Park

Sat 10 - 10:50 am

Advanced 13 yrs. - Adult

#4240.482* Paseo Del Rey Park

Sat 11 - 11:50 am

*Prerequisite: Successful completion of beginning course and approval of instructor.

Cardio Ab Workout Adults

This low impact cardiovascular workout combines traditional martial art movements with full body stretching. Emphasis on upper and lower abdominal. Participants need to bring a towel or mat. Instructor: J. Hickman

Fee: \$24 Resident / \$30 Nonresident

#4260.463 Chula Vista Woman's Club

Tue 7 - 7:50 pm

Enroll the kids in Tiny Tots and get that Cardio Ab workout in while they're in class! Register with the instructor.

Fee: \$5/single class or \$20/month

Parkway Center

Mon/Wed/Fri 9 - 9:50 am

Recreational Karate

The Recreation Department offers different styles of karate. These classes are recreational in nature; they provide excellent exposure to karate, but, as such, do not offer the rapid advancement through skill levels and colored belts that more time-intensive, studio-based programs offer.

The Recreation Department utilizes instructors from local martial arts studios. Any formal testing for belt advancement is done at those studios under guidelines set up by the particular karate federation that the studio is affiliated with. The Recreation Department does not specifically endorse outside studios. Arrangements for taking lessons from those studios are separate from the Recreation program.

Also, any additional fees associated with this program (uniform, federation fees, testing) are administered through the class instructor. Instructor's approval is required for all intermediate and advanced classes.

Ryuei-Ryu

Instructor: J. Hickman

Fee: \$20 Resident / \$25 Nonresident

Beginning 5 - 11 yrs.

#4310.461 Chula Vista Woman's Club

Tue 5 - 5:50 pm

Intermediate 5 yrs. & over

#4315.461 Chula Vista Woman's Club

Tue 6 - 6:50 pm

Karate-Do

Instructor: T. Arashiro / O. Bergman

Fee: \$31 Resident / \$37 Nonresident

Beginning 5 - 11 yrs.

#4320.481 CV Youth Center

Thu 5:30 - 6:20 pm

#4320.422 Loma Verde

Tue 5 - 5:50 pm

Beginning/Intermediate 12 yrs. & over

#4325.483 CV Youth Center

Thu 6:30 - 7:20 pm

#4325.424 Loma Verde

Tue 6 - 6:50 pm

Beginning Karate 5 - 11 yrs.

#4320.484

Lighthouse Christian Fellowship

630 Corte Maria (off of I Street)

Call (619) 691-5276 for directions

Tue 7:15 - 8:15 pm

Taekwondo 7 yrs - Adults

(No class Oct. 15)

Instructor: P. Payne

Fee: \$35 Resident / \$43 Nonresident

#4380.401 **Heritage**

Wed 6 - 6:50 pm

Shito-Ryu Karate 5 yrs. & Over

Instructor: J. Martinez

Fee: \$45 Resident / \$56 Nonresident

#4330.401 **Heritage** (Oct. 14 - Dec. 18)

Tue/Thu 3:30-4:30 pm

Judo 5 yrs. - adults

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program (i.e. uniform, federation fee).

Instructors: M. Ozaki & Staff

Fee: \$25 Resident / \$30 Nonresident

Beginning

#4360.481 Chula Vista Youth Center

Tue 7 - 7:50 pm

#4360.482 Chula Vista Youth Center

Thu 7 - 7:50 pm

Advanced

#4365.481 Chula Vista Youth Center

Tue 8 - 8:50 pm

#4365.482 Chula Vista Youth Center

Thu 8 - 8:50 pm

"Out of the Ring" - Cardio Boxing

This 8-week class provides basic fundamentals and conditioning of boxing fitness for beginners. This course includes non-contact skills and drills teaching body position, footwork, hand speed and punching, bag work and shadow boxing. Instructor: J. Diaz

8 - 16 yrs.

Fee: \$35 Resident / \$43 Nonresident

#4680.441 Otay

Sat 12:30 - 1:30 pm

Adults

Fee: \$43 Resident / \$55 Nonresident

#4680.442 Otay

Mon/Wed 6:30 - 7:20 pm

Fitness

GYMNASTICS

6 yrs & over

This is a progressive, level-based program that is patterned after the program of the United States Gymnastics Federation. Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. New students MUST enroll in Gymnastics I, designed for the beginning tumbler. Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullovers on the bar. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullovers and back hip-circles on the bar.

Instructors: L. Cornwall, T. Desmond

Fee: \$30 Resident / \$36 Nonresident

Novice (6 years)

#0010.462	Parkway
Fri	3:30 - 4:20 pm
#4105.425	Loma Verde
Sat	10 - 10:50 pm

Gymnastics I (7 years & over)

#4105.461	Parkway
Fri	4:30 - 5:20 pm

Gymnastics II

#4110.423	Loma Verde
Sat	12 - 12:50 pm

Gymnastics II & III

#4110.461	Parkway
Fri	5:30 - 6:20 pm

Boys Gymnastics (all levels)

#4130.424	Loma Verde
Sat	11 - 11:50 am

Turbo Kick

This revolutionary group exercise program is inspired by dance, Tae Kwon Do, boxing, tai chi and funk.

Instructor: A. Chudy

Fee: \$25 Resident / \$30 Nonresident

#4601.421	Loma Verde
Mon	6 - 7 pm

OTAY FITNESS CENTER

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Cardiovascular equipment includes

Life Fitness bikes, treadmills, stair steppers, concept rower and cross trainer. Strength and conditioning equipment includes Olympic free weights, benches, Maxicam multi-station machine and Smith machine.

Quarterly Memberships:

January 1 - March 31
April 1 - June 30
July 1 - September 30
October 1 - December 31

Adult Fitness Membership 15 yrs. & over
Includes unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident / \$50 Nonresident
#4620.445 **Otay**

Youth/Teen Fitness 10 - 17 yrs.

The main goal of this 8-week program to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident / \$18 Nonresident

Youth Fitness Team 10 - 12 yrs.
#4620.441 Otay
Mon/Wed 3:30 - 4:30 pm

Teen Power Team 13 - 17 yrs.
#4620.443 Otay
Tue/Thu 4 - 5 pm

Morning Circuit

Designed for beginners, this 12-week program uses 3 workout routines from leading exercise magazines. Routines will be fun and challenging and include both a cardiovascular workout, and strength training and toning. This class will include body fat analysis, measurements, and a before and after photo. Participants will work in a group for motivation and support.

Fee includes Fitness Center Membership.

Fee: \$42 Resident / \$53 Nonresident

#4620.448 Otay
Mon/Wed/Fri 9:30 - 11 am

Adaptive Fitness Ages 16+

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging, and will include strength training, toning, and cardiovascular work.

Registration required.

Fee: \$42 Resident / \$53 Nonresident

#4620.449 Otay
Mon/Wed/Fri 9:30 - 11 am



S wimming Classes

Fall Swimming Classes

Session 1 September 8 - 19
 Session 2 September 22 - October 3
 Session 3 October 6 - 17

Registration begins August 25, from 3 - 7 pm, Monday - Friday until classes are full.

Parent and Tot

9 mos. - 3 yrs.

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Session Fee: \$27 Resident / \$41 Nonresident

Loma Verde Pool

Sessions 1 - 3 (Mon - Fri)
 #7005 5:15 - 5:45 pm
 #7007 5:45 - 6:15 pm

Parkway Pool

Sessions 1 - 3 (Mon - Fri)
 #7002 3:30 - 4 pm
 #7004 4:10 - 4:40 pm

Tiny Tots

4 - 5 yrs.

Water adjustment, safety skills and basic introductory swimming skills are presented in a fun, aquatic environment. Session Fee: \$27 Resident / \$41 Nonresident

Loma Verde Pool

Session 1 - 3 (Mon - Fri)
 #7105 5:15 - 5:45 pm
 #7107 5:45 - 6:15 pm

Parkway Pool

Session 1 - 3 (Mon - Fri)
 #7102 3:30 - 4 pm
 #7104 4:10 - 4:40 pm

Learn to Swim

6 - 16 yrs.

Level 1-7 swimming skills and personal safety skills for beginning, intermediate and advanced students. Session Fee: \$27 Resident / \$41 Nonresident

Loma Verde Pool

Sessions 1 - 3 (Mon - Fri)
 #7209 4 - 4:30 pm
 #7211 4:40 - 5:10 pm
 #7213 6:30 - 7 pm

Parkway Pool

Sessions 1 - 3 (Mon - Fri)
 #7202 4:50 - 5:20 pm
 #7204 5:30 - 6 pm
 #7206 6:10 - 6:40 pm

Adult Swimming Lessons

17 yrs. & over

Swimming skills taught to all levels. Fee: \$35 Resident / \$45 Nonresident

Loma Verde Pool

Monday - Friday
 7 - 8 pm

Parkway Pool

Monday - Friday
 6 - 7 pm



Mark Basnight,
Aquatic Coord.

Loma Verde Pool

1420 Loma Lane
 Chula Vista, CA 91911
 (619) 691-5081

Eric Bonney,
Pool Manager

Parkway Pool

385 Park Way
 Chula Vista, CA 91910
 (619) 691-5088

Kelly Farr,
Sr. Lifeguard

Interested in renting
 a pool for a private
 party or special
 function? Facility
 rentals are available
 for reasonable rates.
 Call your pool of
 choice for available
 times and details.

FALL 2003

Fall Registration Information

NOTE: Fees for classes **DO NOT** include any additional costs that may be required (i.e. ballet slippers, leotards, martial arts uniforms, tap shoes, etc.)

WALK-IN REGISTRATION

August 25 - September 20

Walk-in registration for fall classes will be taken on a first come, first served, space available basis, beginning the last week of the summer session. Registration will be taken Monday - Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at the Chula Vista Youth Center, Heritage Center, Loma Verde Center, the Otay Center, and Parkway Center.

Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted.

FINANCIAL ASSISTANCE

- Limited financial assistance is available to Chula Vista residents 16 years of age and younger.
- Applications will be available during normal operating hours at the above mentioned facilities.
- This assistance is for Recreation Department classes only—it does not apply to other agencies' activities.
- Completed applications for Financial Assistance must be submitted with the class registration form to one of the facilities listed below no later than seven days prior to the start of class.

Chula Vista Youth Center: (619) 691-5276

Heritage Community Center: (619) 421-7032

Loma Verde Center: (619) 691-5082

Loma Verde Pool: (619) 691-5081

Otay Center: (619) 476-5325

Parkway Center: (619) 691-5083

Parkway Pool: (619) 691-5088

For more information on Recreation Department classes, call the specific center where the class is located.

MAIL-IN REGISTRATION

August 25 - September 6

• The Registration Form is to be used only for the Recreation Department classes listed on pages 5 - 17 of this brochure.

• Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).

• Registration will be accepted by mail on the dates listed, on a first received, first processed, space available basis.

• Print and fill out form completely.

• Classes not preceded by an activity number cannot be registered for by mail. Registration is available only at the class location where they are held.

• Applications postmarked before August 25 or after September 6 will be returned unprocessed.

• Send a check or money order for the total payment due payable to "City of Chula Vista."

• Separate checks for each recreation class are not required. Bank cards will not be accepted for walk-in or mail-in registration. Do not send cash.

• Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.

ONLINE REGISTRATION

August 25 - September 20

The Recreation Department is continuing an online registration process for the fall session. Please go to www.chulavistaca.gov and look for "Most Requested;" click on "Recreation." Then click on the pop-up window to our registration service. Questions? Call (619) 691-5276 for additional information.

CANCELLATIONS

A minimum number of participants is required to hold class. Where enrollment is low, the Recreation Department reserves the right to cancel. To help assure that classes are held, please register early. An automatic refund will be issued if a class is cancelled by the department.

REFUNDS & TRANSFERS

Refunds and transfers are not given unless class is cancelled or filled; no exceptions. Automatic refunds (minus \$5 per class processing fee) will be processed and mailed approximately 3 to 4 weeks after classes begin.

WANTED: Class Instructors

The Recreation Department is always searching for qualified instructors to teach new or existing classes. If you are interested in being a contractual instructor, contact Frank Carson at (619) 691-5140.

Outside Performances

Many of the Department's recreational class instructors provide their students with additional opportunities to perform at outside programs and special events (e.g. competitions, San Diego County Fair, etc.) Please note that these performances and appearances are considered outside and separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

Fall Registration Form



FILL OUT COMPLETELY - PLEASE PRINT

ADULT LAST NAME	FIRST	MI
Address	City	Zip
Home Phone	Business Phone	
Email		

*Does the participant need special accommodations for a successful experience?
A two-week advanced notice is required.(Check Y or N, below:)



PARTICIPANT INFORMATION - PLEASE PRINT

Session	Class #	Class Title	Participant's Last Name	First Name	MI	Date of Birth	Fee	Y*N*

Please choose classes carefully, the NO REFUND Policy will be followed. Returned Checks:
There will be a minimum service charge of \$25 on all checks returned from the bank.

TOTAL FEES DUE \$

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.
ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

I _____ (REGISTRANT), and I _____ *(REGISTRANT'S parent or guardian),
acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used by The City of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of Chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which may accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that at this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

REGISTRANT's Parent or Guardian's Signature _____ Date _____

*If the participant is under 18 years of age or legally incapacitated, the parent or guardian must also sign.

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the nonresident fee listed for each class. Failure to send correct amount could result in delay or denial of your priority class.

Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES:

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910

Attn: Frank Carson (Mail Stop R-107)

FOR OFFICE USE ONLY: Amount Enclosed: \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

Aquatic Programs

Single Use Pool Admission Fees

Senior Citizen	\$2.00
Adult	\$3.00
Child	\$2.00

Quarterly Pool Passes

Passes are available, and will be sold at the beginning of each quarter. Pass fees will not be prorated.

1. January - March
2. April - June
3. July - September
4. October - December

Adult Pass

Resident Fee:	\$50
Nonresident Fee:	\$60

Senior Citizen Pass

Resident Fee:	\$40
Nonresident Fee:	\$48

Ten Swim Pass

Adult:	\$24
Senior:	\$18

Annual Pass

Adult:	\$175
Senior:	\$135

Lap Swim

Parkway & Loma Verde Pools

This program is offered for participants who wish to swim laps or enjoy themselves in a comfortable, outdoor, heated pool setting. Bag check-in is NOT available during this program.

Monday - Friday	6 - 8 am
Monday - Friday	11 am - 1 pm

Private Swimming Lessons

Private and semiprivate swimming lessons are available to all ages and abilities. To reserve your class or for further information, contact Loma Verde Pool at (619) 691-5081 or Parkway Pool at (619) 691-5088. Fee: \$200 for 10 one-hour sessions (up to three students).

11 am - 12 pm Mon/ W
ed/Fri 7 - 8 pm Resident fee: \$30/10 swims
or \$4/visit Nonresident fee: \$35/10 swims
or \$5/visit **Master's Swim Program** Parkway Pool Open to swimmers with skills above the beginning level that have the desire to become physically and mentally fit and to condition their bodies on a regular basis in a controlled aquatic environment. Workouts are designed to provide a challenge to all levels of ability, with stroke analysis and improvement in freestyle, breaststroke, back crawl and butterfly, along with instruction in flip turns and starts. Perfect for the triathlete or competitive swimmer. For information call 691-5088. **Chula Vista Diving** Loma Verde Pool
Olympic Competitive springboard diving from beginner to expert (no age limit). For more information, call (619) 691-5081. Coach: T. Crosby



Athletic Programs

Parkway Gymnasium

385 Parkway 691-5084

Ted Nelson, Recreation Supervisor III

The Parkway Gym offers a variety of athletic activities for adults and youth throughout the year. There are shower and locker facilities at the gym for participants and equipment is available through a checkout system. The gym schedule is as follows:

Fall Gym Schedule:

Sun	Open Basketball	12 - 4:45 pm
Mon	Open Basketball	2 - 6 pm
	Badminton	6 - 9:45 pm
Tues	Open Basketball	2 - 6 pm
	Adult Coed Volleyball Leagues	6 - 9:45 pm
Wed	Open Basketball	2 - 6 pm
	Mens Basketball Leagues	6 - 9:45 pm
Thurs	Open Basketball	2 - 6 pm
	Open Volleyball	6 - 9:45 pm
Fri	Open Basketball	2 - 9:45 pm
Sat	Youth League Play	12 - 4:45 pm

Note: The gymnasium schedule may vary depending on programming requirements and special events conducted by the city. Scheduling can be verified by contacting the Gym Office.

"Tee It Up"

#4222.363

Enjoy six hours of instruction, five rounds of golf at EastLake Country Club, an AGPA membership (American Golf Players Association), 10 Play Day vouchers (play with the Pro), rules and etiquette video, Nike bag tag, and more. A portion of your fees will benefit the City of Chula Vista's Recreation Department. For more information, please contact Shaun Ellis at (619) 691-5083. Fees: \$179 (\$20 deposit at the Recreation Center; remaining balance of \$159 due at the golf course.)

Adult Leagues

Organizational meetings for managers and/or players will be held at the Parkway Gym for the following leagues on the dates indicated. Individual players may attend the meeting or contact the gym office to be included on a "player referral list" given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams.

Note: league fees subject to change.

Coed, Men's & Women's Slo-Pitch Softball

Managers Meetings:

Men	August 11	6 pm
Coed	August 12	6 pm
Women	August 13	6 pm

Games played weeknights at Discovery, Eucalyptus, Rohr, and Chula Vista Community Parks beginning the week of October 12. Entry Fees (per team/ten game schedule): \$365 Resident / \$485 Nonresident

Coed Volleyball

Registration begins October 1.

League begins November 3.

Games will be played in the Parkway Gym on Tuesday evenings. For more information, call (619) 691-5084.

Entry Fees (per team/ten game schedule): \$130 Resident / \$165 Nonresident

Adult Men's Basketball

Registration begins October 1.

League begins November 3.

Games will be played at the Parkway Gym on Wednesday evenings. For more information, call (619) 691-5084.

Entry Fees (per team/ten game schedule): \$410 Resident / \$515 Nonresident

Senior Softball

Softball activities for players ages 50 and older are conducted weekly at Eucalyptus Park, located at Fourth Avenue and C Street.

Practice 50 & over:

Mondays 9 am - 12 pm

Competitive League 55 & over:

Tuesdays & Fridays 9 am - 12 pm

Recreational League 50 & over:

For information on this league, call Roger Delisle at (619) 422-4551.

Tennis Program Feedback

Are you interested in tennis programs at the City of Chula Vista Municipal Courts? Now is your chance to let us know. Visit our Web site and complete the feedback form:

www.chulavistaca.gov and look for "Most Requested;" click on "Recreation." Then click on "Tennis Feedback Form" on the left side of the screen. Your time and feedback are greatly appreciated!



Youth Sports

All registration is processed on a first received, first processed basis. There are **NO REFUNDS** for these activities. Financial assistance is available on a limited basis during mail-in registration.

Steve Scott, Recreation
Supervisor II

The purpose of the Youth Sports Program is to teach youth the fundamentals of each sport offered. All activities are open to inexperienced as well as experienced players. Instruction is coordinated to allow all players to learn the same basic skills. Our goals for the youth programs are to encourage participation, sportsmanship, and fun. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities. For information concerning activities or financial assistance, call 691-5084.

Youth Sports Certification Program

This fee-free program is designed to prepare youth for employment with the City's Recreation Department. Participants learn how to operate scoreboards and timing equipment, as well as learning fundamental rules and regulations of various athletic activities. The program combines classroom training, hands-on experience and job preparation through an internship program. Call the athletics office at (619) 691-5084 for more information.

Girls Volleyball Clinic

Grades 6, 7 & 8

September 15 - November 15

Volleyball has become one of the most popular sports in the world. This program is designed to teach and emphasize basic volleyball skills. Clinics take place Mondays from 6:30-8:30 pm at the Chula Vista Community Youth Center, 465 L Street, and Saturdays from 9:30-11:30 am at Parkway Gym, 385 Park Way.

Mail-in Registration: Aug. 11 - 29

Walk-in Registration: Sept. 1 - 15, 2-7 pm

Fee: \$30 Resident / \$38 Nonresident

Winter Youth Basketball

League play begins week of Dec. 6

Ages: Born 1988 - 1997

Registration will be open to the inexperienced as well as the experienced player. The program features fundamentals of the game. All teams are coed. There will be girls' teams in divisions A, B, and C, pending the number of sign-ups. Requests for children to be placed on the same team for car pool reasons and requests for specific coaches and practice days cannot be honored.

Mail-in Registration: Sept. 29 - Oct. 10

Walk-in Registration: Oct. 20 - Oct. 24

Fee: \$60 Resident / \$75 Nonresident

VOLUNTEERS NEEDED

Volunteer Youth Sports Coaches Needed!

The Athletics Section is currently recruiting volunteers to serve as coaches for the following youth programs: basketball (winter), coed indoor soccer (spring), and track & field (spring). Training is provided. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with state law. Interested individuals please call (619) 691-5084.



Mail-in Registration

These activities have separate registration forms that may be picked up at any Recreation Center in the City of Chula Vista. The forms are available one week prior to the start of mail-in registration. Please **DO NOT** send in registration using the forms in this Brochure. Thank You!

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium
385 Park Way
Monday - Friday
3 - 6 pm

Online Registration

Register for selected activities via the internet.

Please go to www.chulavistaca.gov and look for "Most Requested;" click on "Recreation." Then click on the pop-up window to our registration service.

Outreach Programs

Brian Cox,
Principal Recreation Manager
(619) 585-5619

Youth Employment Education Presentation (YEEP)

The Youth Employment Education Program will be offered at various high schools in Chula Vista. The program addresses the urgent need teens have to be prepared for their job search. These comprehensive, one-hour presentations cover the areas of job search, completing applications, resumes and cover letters, interview skills and where to look for a job. Teens are provided with an array of resources and are encouraged to participate in the interactive session. The program is geared towards the specific needs of teens and is offered at different sites. Call (619) 585-5619 for more information.

Volunteer Program

(for students grades 9 - adult)

Do you have to do community service for school? Are you interested in receiving "hands-on training" in the areas of refereeing, assisting with center programs, aquatic tasks, and clerical tasks (answering phones, checking out equipment, filing, etc)? If you answered yes to these questions, the Chula Vista Recreation Department can assist you! If you are 15+ years of age or older (grades 9 - adult), simply call the department's Volunteer Coordinator Brian Cox, at (619) 585-5619 and request an application (by mail) or ask for an application

at any of the recreation facilities in Chula Vista. All volunteers are encouraged to provide a minimum of (5) weeks of service. The Recreation department is very flexible with scheduling of all volunteers and is willing to make any modifications necessary. Volunteer assistance is needed in the following areas:

- **Adult/Youth Sports** (assisting with clerical tasks, coaching and scorekeeping)
- **Aquatics** (assisting with clerical and other tasks)
- **Community Centers** (checking out equipment, assisting with programs)
- **Therapeutics** (assisting participants with developmental or physical disabilities in programs, classes and special events).

Benefits of Volunteering

- Gain valuable experience.
- Make contacts with those having job opportunities.
- Receive school credit.
- May be interviewed for paid positions.

Benefits to the community:

- Agencies are able to conduct more programs with volunteer assistance.
- Youth of the community are better trained and more productive.

For additional information on the department's Volunteer Program, call Brian Cox, Volunteer Coordinator at (619) 585-5619.



The City of Chula Vista has a long history of volunteerism, from our founding community members to over 1,000 volunteers today that give of their time and skills.

Without our volunteers, Chula Vista would not be the growing, friendly community that we are.

We are proud of our volunteers and the valuable services they provide.

T herapeutics

Join the Therapeutics Advisory Committee! We are looking for consumers, parents, advocates, and community representatives to join our committee to identify and assess community needs. Interested? Call (619) 409-5800.

Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800

Membership Fee

Participants can pay an optional annual membership fee of \$40 for residents and \$50 for nonresidents. Members will receive a T-shirt and enjoy discounted admission for dances, field trips and programs. Membership runs September through August. Membership is accepted at any of the programs or may be mailed to: Make checks payable to:

**City of Chula Vista
Therapeutics Section
270 F Street
Chula Vista CA 91910**

Willing to Help?

The Therapeutics Section provides an excellent opportunity for individuals to lend a helping hand with various activities and programs. Those interested in volunteering their time and effort to a very special group of individuals, call Carmel Wilson at (619) 409-5800. Opportunities are available and will provide invaluable work experience.

We'd like to hear from you...

The Recreation Department would like to expand its programs for children and adults with physical disabilities. The department is seeking community input; please call with comments/suggestions.

Inclusion

The City Of Chula Vista Recreation Department is dedicated to serving the needs of everyone in the community through Inclusive Programming. Persons with special needs are encouraged to participate in Department programs. A two week advance notice is required.

Thursday Night Program Ages 13+
CV Woman's Club 7 - 9 pm

This free, drop in program is scheduled for teens and adults with developmental disabilities. Activities include games, exercise, sports, music and special events. Group meets three times per month. Call to register.

Saturday Program Ages 6+
Parkway Center 9 am - 12 pm

Saturday drop in programs are for persons with developmental disabilities. Free activities include music, art, dancing, games, sports, field trips and special events. Register no later than the Thursday before the program. Group meets three times per month.

Mark Your Calendar! Special Events:

Oct 25 - Halloween Dance
Nov 20 - Pilgrims' Potluck
Dec 20 - Rockin' Reindeer Dance

Cooking Class

Ages 6+

Parkway Community Center
A monthly cooking class is offered for participants who are developmentally disabled. This group learns "hands-on" cooking basics while preparing food items to enjoy. Nutrition education and clean up skills are also included in this program. Registration is required. Class is limited to 8 participants.

Sept 20, Oct 18, Nov 15, Dec 13
Fee: Members \$2 / Nonmembers \$4

Jazz Dance

Ages 6+

Loma Verde Recreation Center
Come and learn basic jazz steps and movements to the "top hits" in this 8-week class. It's a fun way to exercise and learn new dance steps that are designed for children and adults with developmental disabilities. Participants can join at any time.

Fee: Members \$24 / Nonmembers \$32

Session 1

Tuesdays, Aug. 5 - Sept. 23

Session 2

Tuesdays, Oct. 14 - Dec. 9
7:15 - 8:15 pm

Young Adults Cub

16 - 25 years

Loma Verde Recreation Center
This program is designed for active young adults with developmental disabilities. The focus will be on social interaction, leisure skills and community awareness. Refer to the monthly calendar for details. The fee and program location varies with the activity. Call to register.
1st & 3rd Friday 7 - 9 pm

Wheely Sports

Ages 8+

Otay Recreation Center
This free wheelchair sports program is designed for the active, sports-minded individual with physical disabilities. Participants are welcome to learn how to play wheelchair sports, increase fitness, meet new people and play competitive sports. Group meets three times per month. Call to register.
Wednesdays 4:30 - 6:30 pm

Indoor Wheelchair Basketball

Ages 18+

Parkway Community Center
Open to wheelchair users and nonusers, however each player must use a wheelchair to play. Staff will loan chairs if needed. Athletes of all ability levels are needed. This program is in conjunction with the San Diego XPress wheelchair basketball team practice. FREE! Call to register: Practice: Wed evenings 6:45 - 8:30 pm
Tournament play TBA.

Kids Included Together (KIT)

KIT is a nonprofit organization that is designed to support programs that serve children with disabilities. We are pleased to announce that the City of Chula Vista Recreation Department has been awarded sustaining grant funding for the upcoming year. This grant will continue to provide Inclusion Aide assistance for children with disabilities and staff training.

Sunday Leisure Bowling

This bowling program is designed for active children, teens and adults with developmental or physical disabilities. Brunswick Premier Lanes, 845 Lazo Ct.

Fee: Members \$25 / Nonmembers \$35 (add \$6 bowling fee per week)
Sundays through September 21
3:30 - 5:30 pm

Bowling Parties

Join us for special parties:

Oct 26 - Halloween Bowling Party
Nov 23 - Thanksgiving Bowling Party
Dec 14 - Holiday Bowling Party

Brunswick Premier Lanes, 845 Lazo Ct.
(Bowling Party Fee: Members \$6 / Nonmembers \$9)

Adaptive Fitness

Otay Recreation Center

This morning circuit workout program is designed for teens and adults ages 16 and over with physical disabilities. Otay Recreation Center offers a variety of state-of-the-art equipment to meet fitness goals. The workout will include strength training, toning and cardiovascular work. Registration required.

Mon/Wed/Fri 9:30 - 11 am
Fee: Resident \$42 / Nonresident \$53

Senior Services

NORMAN PARK CENTER

270 F Street 691-5086
Karen Harvell,
Recreation Supervisor III

Kathy Wigginton,
Recreation Supervisor II

For seniors' enjoyment, Norman Park Center offers an exciting array of educational courses, health programs, exercise, dancing and special events. Classes and special interest groups include but are not limited to singing; yoga; music appreciation; creative writing; coin collecting; T'ai chi; tap, line, square, round and ballroom dancing; painting; watercolors and bridge. Many classes have open enrollment and do not require advance registration.

Hours of Operation

The center is open Sunday through Friday. Please call the center for exact hours.

Planning an Event or Party?

The Norman Park Center is available all day on Saturday and on Sunday evening for rentals. Call (619) 691-5086 for information.

Newcomer Orientation

Each month there is a newcomer orientation on the first Thursday at 11 am. Please bring a potluck dish to share and join us for lunch at 12 noon.

Commission on Aging

Sept 10 3 pm
Oct 8 3 pm
Nov 12 3 pm

The commission is committed to addressing the concerns and meeting the challenges that face seniors and adults with disabilities in the community. Commission meetings are open to the public. We welcome comments and concerns.

Chula Vista Senior Club

Norman Park Center. Serving the residents of Chula Vista. Neighboring community members may join as donor members. The Club has a \$3 annual membership fee.

Oxford Seniors on Fridays

Boys & Girls Club
333 Oxford Street
Serving the residents of the Montgomery area of Chula Vista. \$2 annual membership fee.

Trips with the Senior Club

The Chula Vista Senior Citizen Club operates a trip program at the Senior Center. The office is open Mon/Wed/Fri from 10 am - 1 pm. For more information call 476-5356.

Extended Trips

Colorado Fall Foliage:
Sept 8 - 15
Laughlin - Riverside Hotel & Casino:
Oct 26 - 28
Thanksgiving - Napa Valley Wine Train:
Nov 24 - 29

Day Trips

Step Back In Time:
Sept 2
Merlin's Magic Dinner Theatre:
Sept 20
The Dr. Phil Show:
Sept 30
Apple Time in Julian:
Oct 8
Little Italy Fiesta:
Oct 12
Fish Fry:
Oct 22
Showtime Cabaret:
Nov 2
The Getty Center:
Nov 8
Palm Springs Follies:
Nov 15

Dates to Remember

All events require advance sign up or ticket purchase.

Sept 3: "Face Off"
Sept 11: Hobo Soup Lunch
Sept 25: Birthday Party
Oct 9: Fall Picnic
Oct 21: "New Hinges" Arthritis Talk
Oct 30: Halloween Dance
Nov 13: Anniversary Party
Nov 18: Holiday Craft Workshop

Grupo Latino

Join a social group for fun and entertainment. 12:30 pm, 2nd Wednesday & 4th Friday each month.

Sing-a-longs

Join Norman Park's Singing Seniors by the fireplace for singing and entertainment. 2 pm, 3rd Tuesday each month.

Volunteer Opportunities

The Senior Program has numerous opportunities for individuals to work with staff to develop and oversee programs and services. A great opportunity for someone looking to be part of our team! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Creative Writers Group

If you enjoy writing stories and want to explore your creative side, this fun class is for you!

Tuesdays 2 pm

Amateur Photo Group

Learn the basics of composition and photography that will turn a snapshot into a photograph to be proud of.

1st & 3rd Friday 10 am

Scootin' Scooters

Learn the techniques of maneuvering around town in a scooter or wheelchair; discuss equipment and enjoy socializing with friends.

3rd Friday 1 pm

For Citizens 50+

Transportation for Seniors

Lutheran Social Services, located upstairs at Norman Park, has volunteers who will take seniors to doctor appointments, the grocery store, pharmacy and bank for \$3 each way. This program is free for persons who are low income. Registration is required five (5) days in advance of the ride. For more information, call (619) 476-7055.

Community Outreach

Teams of two are going door to door to residences and local business to inform about free or low-cost services available to senior citizens and disabled adults. Directories of nonprofit agencies that help keep the elders in the community independent and safe are being distributed. Staff is also available for speaking engagements at your next gathering. Call the Norman Park Senior Center at (619) 691-5086 for more information.

Are You OK?

One of Project CARE's FREE Programs, provides a telephone reassurance call 5 days a week to be sure you are all right. If you don't answer the phone, a volunteer will check on you. This program could save your life. If you are interested in this or the following FREE services, please call (619) 691-5086.

Vial of Life

Project CARE's Vial of Life program gives you a record of all your prescription and over-the-counter medications. This magnetized plastic box adheres to your refrigerator door and can be given to paramedics or be taken with you to the doctor's office. We also offer regular appointments to speak with a local pharmacist about your prescription concerns.

Please join us for "Vial of Life" and "Are you OK?" open registration at Norman Park Senior Center on the following dates:

Thursdays Sept. 18 & Nov. 20

The Postal Alert

This program requests your postman to keep an eye out for mail that may be accumulating at your home. This alerts us to potential problems and we will send the Senior Volunteer Patrol to check on your situation.

The Minor Home Repair

Assist you with health & safety repairs in your home or mobile home. This is a program for low-income homeowners to keep them safe and independent.

CLASSES FOR SENIORS

The following classes are taught at the Senior Center. Some are taught in collaboration with area adult schools or Southwestern College. For registration or more information, call (619) 691-5086.

Tai Chi Class

Wednesdays
Beginners 9 am
Intermed/Advanced 10 am

Casual Crafters

This craft class makes items for Community Assisted Living Facilities.
Wednesdays 9:30 am
Instructor: J. Oliver

Spanish Language

Wednesdays/Fridays 9:45 am

Ballroom Dance Class

Learn Tango, Fox Trot, Waltz & Swing.
Fee: \$2 Resident / \$2.50 Nonresident
Mondays 1 pm

Country Line Dance Class

Fee: \$3 Resident / \$3.75 Nonresident
Beginners 11 am
Intermediate 10 am

Strength Training

Fee: \$1 per class
Wednesdays 6 pm
Instructor: K. Bodge

Yoga

Fee: \$1 per class
Wednesdays 7:15 pm
Fee: \$25 per semester
Thursdays 7:15 pm

ADULT EDUCATION CLASSES

Exercise
Mon - Thu 8 am

Yoga

Fee: \$25 per semester
Thursdays 5 pm
Fridays 8 am

Watercolors

Mondays 9 am

Fall Senior Services

AROUNDTOWNADULT CLASSES

Palace Gardens

1425 2nd Ave. (619) 422-0272
Exercise Fee: \$4 / month
M/W/F 9:30 - 10:30 am

Villa Serena

1231 Medical Center Dr. (619) 934-8001

“Feeling Fit Club” Exercise

M/W/F 11:30 am - 12:30 pm

Caregiver Support

Wed 3:30 - 4:30 pm

Craft Class

Thurs (\$5 fee) 10 am

Bonita Wesleyan Church

5303 Sweetwater Rd. (619) 479-8208

Exercise

Tue & Thu 10 - 11 am

Watercolors

Fri 9 am - 12 pm

Congregational Towers

288 F Street (619) 420-8700

Exercise

Tue & Thu 12:30 - 1:30 pm

English as Second Language

M/W/F 2 - 4 pm

COMPUTER LEARNING CENTER

Senior Net

Classes on the Internet, word processing, basic computer skills, and email are offered in the Computer Learning Center. The annual membership fee is \$40. Information is available at the Center Mondays & Wednesdays from 10 - 11:30 am, and Thursdays from 12 - 3 pm. You can also register at that time for classes held in the daytime and evenings. Class fees are \$20 for residents, \$25 for nonresidents. The Learning Center is always looking for volunteers to teach the developed text, provide technical assistance or supervise the labs. Classes are on-going.

55 Alive Drivers Training

Fee: \$10

Sept 17 & 19 12:30 - 4:30 pm

Oct 15 & 17 12:30 - 4:30 pm

Nov 19 & 21 12:30 - 4:30 pm

Call (619) 641-7020 to register.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families by utilizing community agencies and trained volunteers. The center also has extensive resources and references to assist in addressing the needs of seniors in the community. Some of the services offered at the center include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities who qualify, health insurance counseling, health screening and bereavement support.

Beginning Bridge Class

This 8-week class is for both the beginner, and for those who would like to brush up on their skills. The Audrey Grant Cub Series Volume 1 textbook is required and can be purchased on the first day of class. Call (619) 222-5294 for more information. Registration required. Instructor: Barbara Sholte
\$50 Residents / \$62.50 Nonresidents
Tuesdays, Oct. 7 - Nov 25
12:30 - 2:30 pm

Play & Learn Bridge

This 8-week class is for experienced players. Registration required. Instructor: Barbara Sholte
\$50 Residents / \$62.50 Nonresidents
Tuesdays, Oct. 7 - Nov 25
2:30 - 4:30 pm



Directions & Connections for people over 50

LIFE OPTIONS ANNEX

lifeoptionssouthbay.com

The Life Options South Bay program provides connections for persons over 50. Life Options is a resource for learning opportunities and a resource for channeling skills and talents into significant community service.

The Life Options Annex is located in the game room at Norman Park. It has a computer and lounge area comfortable for people to gather and talk about and explore their interests.

The lifeoptionssouthbay.com website is a reference guide for retirees interested in expanding opportunities in the areas of education, health, second career training, job opportunities, fitness, recreation, travel and volunteerism. This project is a collaboration with Southwestern College, The City of Chula Vista Norman Park Center and the Chula Vista Coordinating Council.

The theme of Life Options is a focused determination to make the latter third of life productive, satisfying and rewarding. Volunteers with experience or interest in community groups, volunteerism, website maintenance, marketing, advertising and counseling are needed. The annex has volunteers available to assist you on Mondays and Tuesdays from 9 am - 3 pm.

Middle & Elementary School

MIDDLE SCHOOL

Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052



Club TC (Teen Connection) After School Program

The Chula Vista Recreation Department, in conjunction with the Sweetwater School District, is conducting an after school program at four middle schools throughout the city. The program is additionally funded by the Critical Hours Grant and is FREE to participants. Activities include: sports, crafts, homework help, games, special events, field trips, specialized classes, and much more. For further information, call (619) 691-5052.

Castle Park Middle School

Monday - Friday 3 - 6 pm

Chula Vista Middle School

Monday - Friday 3:15 - 6:16 pm

Hilltop Middle School

Monday - Friday 3:20 - 5:20 pm

Rancho Del Rey Middle School

Monday - Friday 3 - 5 pm

(This site will be closed from September 22 - October 10, and will reopen on October 13.)

Cheer / Hip-Hop Team

This program will teach the fundamentals of hip-hop and cheer. Participate in the annual Starlight Yule Parade in December. Registration forms can be picked up at all Middle School after-school sites. Team members must participate in the first 45 minutes of the after-school program before practice. Please register with the recreation leader. Cost: \$15

Flag Football

For boys and girls in grades 7 and 8 at the Middle School Club TC sites. The program includes instruction in passing, punting, kicking, catching, and it promotes good sportsmanship. Practices will be held during the after-school program at individual sites. Players must participate in the first 45 minutes of the after-school program before starting practice. Games will be played on Saturdays starting September 27. Cost: \$15

ELEMENTARY SCHOOL

DASH (Dynamic After School Hours)

The City of Chula Vista, in cooperation with the Chula Vista Elementary School District, conducts the DASH Program at 21 elementary school playgrounds for children in 1st through 6th grades.

The program operates Monday through Friday, on school days only, for 2 hours (from the lower grade dismissal time). The program runs for 3 hours on schools' regularly scheduled minimum days.

The DASH program includes sports clinics (soccer, track and field, lacrosse, ultimate Frisbee, flag football and field hockey), arts and crafts, cooperative/initiative games, weekly challenges and traditional playground games. DASH program leaders conduct structured activities for approximately 50 children each day. For more information, please contact DASH Program Supervisors, Keith Quigley at (619) 585-5779 or Audra White at (619) 585-5730.

Enrollment forms will be available on a first-come, first-served basis AFTER SCHOOL on the first day of school.

Allen	Arroyo Vista
Casillas	Clear View
Cook	Discovery
Chula Vista Hills	EastLake
Halecrest	Heritage
Hilltop	Kellogg
Marshall	McMillin
Olympic View	Parkview
Palomar	Greg Rogers
Rosebank	Tiffany
Valle Lindo	

STRETCH

(Safe Time for Recreation Enrichment & Tutoring for Children)

STRETCH is a literacy and arts enrichment program offered as an extension of the school day for 1st through 6th grade elementary school children. The program is a partnership between the City of Chula Vista and the Chula Vista Elementary School District.

STRETCH is designed to give an academic boost to students who need it most by providing them with a stimulating, literacy-rich, after-school environment. Parents enroll their children through the participating schools. Enrollment is limited to 60 students per school. Waiting lists will be maintained.

For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721.

In 2003-2004 STRETCH will be offered at the following seven schools:

Harborside	Lauderbach
Loma Verde	Montgomery
Mueller	Otay
Rice	

Chula Vista Public Library

Civic Center Branch

365 F Street 691-5069
Monday - Thursday 10 am - 9 pm
Friday & Saturday 10 am - 6 pm
Sunday 1 pm - 5 pm

EastLake Branch

1120 EastLake Parkway 656-0314
(EastLake High School Campus)
Monday - Thursday 3:30 pm - 8 pm
Friday & Sunday CLOSED
Saturday 10 am - 4 pm

South Chula Vista Branch

389 Orange Ave. 585-5755
Monday - Thursday 10 am - 8 pm
Friday & Saturday 12 pm - 6 pm
Sunday 1 - 5 pm

COMPUTER CLASSES

Civic Center Branch

(Registration required.)
All classes are from 9:30 - 11 am

Introduction to Computer Basics
Sept. 4, Oct. 2, Dec. 4

Introduction to E-mail
Sept. 11, Oct. 23, Nov. 19, Dec. 11

Introduction to Microsoft Word
Sept. 25, Oct. 29, Nov. 26

Introduction to the Internet
Nov. 13

South Chula Vista Branch

(Registration required.)
All classes are from 10 - 11:30 am

Introduction to the Internet
Sept. 5, Oct. 17, Dec. 6

Introduction to Computer Basics
Sept. 19 (Spanish), Nov. 8

Introduction to E-mail
Oct. 3, Nov. 22 (Spanish)

Introduction to Microsoft Word
Dec. 20 (Spanish)

CHILDREN'S PROGRAMS (All Branches)

Tackle a Good Book Reading Program
Preschool - grade 6
November 1 - 30

Civic Center Branch

Fiesta Crafts

Come celebrate Hispanic Heritage Month.
Sept. 20 2 pm

Hispanic Heritage Story Time

Storyteller Linda McPhie
Sept. 24 10 am

Heavy Equipment Petting Zoo

Oct. 4 11 am

Fall Crafts

Oct. 11 2:30 pm

Krypton Yvonne's Spooky Science

Magic potions, vampire bats, a dancing skeleton and maybe even a ghost!
Oct. 15 10 am

Spooky Crafts

Oct. 25 2 pm

Pumpkin Patch Party & Costume Parade

Parade around the library in your costume and gather up tricks-or-treats!
Oct. 29 10 am

Fright Fest

Come...if you dare, to the library graveyard, where zombies and ghosts tell scary tales! Grades 2 - 6.
Oct. 30 7 pm

Football Fun 101

Join us for a special football story time with a craft and a snack!
Nov. 15 2 pm

Star Studded Books Puppet Show

Celebrate National Children's Book Week presented by Sparkles the Clown.
Nov. 19 10 am

Thanksgiving Crafts

Nov. 22 2 pm

South Chula Vista Branch

Amazing Dana Back to School Magic
Sept. 6 2 pm

Back to School Craft

PreK-grade 6. (Registration required.)
Sept. 11 4 pm

Celebrate Hispanic Heritage Month

Stories with Miss Darlene.
Sept. 16 5 pm

Hispanic Heritage Month Celebration

Stories and songs with Ursula Tania.
Refreshments.
Oct. 4 2 pm

Halloween Craft

PreK-grade 6. (Registration required.)
Oct. 23 4 pm

Halloween Costume Parade

Trick-or-treat and hear Halloween stories.
Oct. 28 6:30 pm

Star Party

Decorate planetary cookies and gaze at the night sky with the San Diego Astronomy Association. Grades 3 - 6 recommended.
Nov. 4 6:30 pm

Children's Book Week Activities:

Read & Feed

Teens will read to children. Refreshments.
Nov. 18 6 - 7:30 pm

Book Craft Workshop

Nov. 20 (Registration required.)
Session I 3:30 pm (PreK-3)
Write and illustrate a story.

Session II 4:30 pm (grades 4 - 6)
Create miniature books.

EastLake Branch

Amazing Dana the Magician

A 30 minute show of reading and magic.
Sept. 9 10:30 am

Music & Movement with David Stark

Songs played by David Stark on his guitar.
Sept. 20 10:30 am

Joe Gandelman-Ventriloquist

Featuring a big cast of wooden characters, music and lots of interaction.
Oct. 4 10:30 am

July Rose the Storyteller

Stories that embrace July Rose's African-American heritage.
Oct. 18 10:30 am

Halloween Crafts

Oct. 25 10:30 am

Krypton Yvonne's "Spooky Science"

Nov. 1 10:30 am

STORY TIMES

Baby Time (ages birth to 3 years)

Civic Center Branch

Thursdays at 10:30 am

South Chula Vista Branch

Wednesdays at 10:30 am

EastLake Branch

Every other Saturday at 10:30 am

Preschool Story Time (3 to 5 years)

Civic Center Branch

Wednesdays at 10 am

South Chula Vista Branch

Tuesdays at 10:30 am and 5 pm

EastLake Branch

Mondays at 6:30 pm

Puros Cuentos (Spanish language)

Civic Center Branch

Second Saturday of the month at 2 pm

South Chula Vista Branch

Mondays at 6:30 pm

Pajama Story Time

Civic Center Branch

First Thursday of the month at 7 pm

TEEN PROGRAMS

Library Teen Council

"We make a difference." Join our team of middle and high school students who are the voice of our teen population.

South Chula Vista Branch Library, Meeting Room B. Tuesdays 4 - 6 pm
Sept. 9, Oct. 14, Nov. 11, Dec. 9

Tuesday Night Tutors

Need assistance with homework or studying? Drop in for FREE help—no appointment is necessary.

Tuesday evenings, 6 - 8 pm
Civic Center Branch Conference Room
South Chula Vista Branch Arturo Barrios Young Adult Room

Teen Read Week

Poetry SLAMMIN' @ your library™!
October 19-25

Poetry Workshops

Got poetry? Great preparation for open-mic readings or poetry slams.

Lyrical Poetry Workshop

Learn how to convert poetry into lyrics through computer enhanced application.
South Chula Vista Branch
(Registration recommended—Call 585-5755)
Oct. 21 6-7:30 pm

Poetry Workshop

Civic Center Branch
(Registration recommended—Call 691-5063)
Oct. 23 6 - 7:30 pm

Teen Poetry Slam/Open Mic Event

Enter the "Poetry Slam" contest, or join in on "Open Mic" performances.
Civic Center Branch Auditorium
Oct. 25 3-5 pm

Civic Center Branch

Teen Stargazing Party

Come see the moon and stars with the San Diego Astronomy Association.
Friendship Park, behind Civic Center Branch
(Registration recommended—Call 691-5063)
Nov. 6, 6 - 7:30 pm

South Chula Vista Branch

Teen Afterschool Craft

Make mini piñatas and paper flowers to celebrate Hispanic Heritage month.
Sept. 30 4 - 5:30 pm

Teen Internet Surfing Workshop

Learn tricks and tips to make surfing and homework a breeze! Computer Lab
Sept. 27 10:30 am - 12 pm

Afterschool Craft - Dreamcatchers

Create a unique "Dream Catcher" to celebrate Native American month.
Nov. 5 3:30 - 5 pm

Teen Read & Feed

Teens will pair up with children and read stories. Snacks provided.
Nov. 18 6 - 7:30 pm

CULTURAL PROGRAMS

The Second Avenue Klezmer Ensemble

Blends the Jewish folk music of Eastern Europe with the songs of the Yiddish theatre. Civic Center Branch Auditorium
Sept. 24 7:30 - 8:30 pm

Arts & Music Festival

South Chula Vista Branch
Ballet Xochitl (Folklorico)
Sept. 20 2 pm

Roberto Limon & David Rodriguez

Guitar and piano concert.
Oct. 10 7 pm

Festival Hispanoamericano de Guitarras

Maestro Martin Madrigal
Classical Guitar Concert
Nov. 7 7 pm

Maestro David Mozqueda

Classical Guitar Concert
Nov. 14 7 pm

ROSEMARY LANE GALERÍA EXHIBITS

(South Chula Vista Branch)

Library Staff Show

Sept. 1 - 28

Bonita Artists Potpourri Annual Show

Oct. 1 - 31

Many Women Visual Artists Group

Nov. 1 - Dec. 1

Collage by Rose Marie Faith

Dec. 2 - 24

BOOK DISCUSSION GROUPS

"Let's Talk About Books"

Civic Center Branch Conference Room
For more info, call (619) 427-7493.

Aug. 28 10 - 11:30 am

"Tess of the D'Urbervilles" by Thomas Hardy
Sept. 25 10 - 11:30 am

"The Optimist's Daughter" by Eudora Welty

Evening Book Discussion

Civic Center Library Local History Room
2nd Tuesday of the month, 7 - 8:30 pm
For more info, call (619) 691-5289.

Aug. 12 "The Emperor of Ocean Park" by Stephen L. Carter

Sept. 9 "Atonement" by Ian McEwan

BOOK SALES

Friends of the South Chula Vista Branch

At Albertson's

Sept. 6 10 - 1 pm

Used Book Sale

Nov. 1 12 - 4 pm

CHILDREN'S LITERACY PROGRAMS

LEAP Into Reading

(Library Educational After-school Program) is the Chula Vista Public Library's tutoring program for grades 3-6. First-come, first-served basis. Classes are held at the Civic Center and South branches.

Apply Aug. 12 - Sept. 8

LINK

(Library Instructional Network for Kids) offers computer-based help for children in grades 1 - 6 who need help with reading. 8-week program. Chula Vista Literacy Team, South Chula Vista Branch Library.

For more information on either of these programs, or to volunteer to be a tutor, please check our website www.chulavistalibrary.com or call (619) 585-5757.

HERITAGE MUSEUM

Collects, displays and preserves materials of local historic interest to the South San Diego Bay communities. For museum hours, or information on becoming a volunteer, call (619) 691-5289.

B o y s & G i r l s C l u b o f C h u l a V i s t a

MISSION STATEMENT

"To provide positive activities and opportunities to develop the health, self esteem and character of the youth of our community, enabling them to reach their fullest potential."

WELCOME...to the Boys & Girls Club of Chula Vista, a nonprofit, youth development organization dedicated to promoting the physical, social and the educational development of children. The Club is a caring place where children can go to learn new skills, build self-esteem and develop values that will help them as they grow to adulthood. The Club is staffed by a number of full-time professional youth workers and volunteers who care about young people.

Club Membership

Membership entitles the member to attend the Club each day and participate in a wide variety of classes, trips and daily activities.

How to Join the Club

Complete a membership application for each child and present the application and the annual \$50 membership fee (reduced rates for additional family members) to the Membership Clerk. Memberships are valid for one year and are nonrefundable. No one is turned away for inability to pay-- Scholarships for membership are available.

Who Can Join the Club?

Any boy or girl grades 1 - 12, or ages 6 - 18. (Please review following pages for programs for younger children.)

Open Door Policy

The Club has an open door policy which allows Club Members to enter or leave the Club facilities as they choose. Parents who wish for their child to remain at the Club must instruct their child to do so. The open door policy does not apply to Preschool or Day Camp programs.

Programs & Services

The Club offers many programs and services not listed in this brochure. Check with the front desk for additional information, applications, permission slips, and program schedules. Other informational flyers are also available.

Social Recreation

A variety of activities are offered each day to test the members' skills. Come in and play checkers, chess, or pool. If you don't know how to play, there are clinics to learn to play those games as well as contests & tournaments to participate in.

Gymnasium/Playground

The gym is a fantastic place to join in fun activities such as wiffleball, "Nerf" football, jump rope, Frisbee, badminton, volleyball, open basketball and much more. The playgrounds offer 2-square, flag football, hopscotch, tetherball and lots of fresh air fun.

(The gym is at the Oleander Branch)

Cultural Arts

Arts & Crafts, fine arts, reading club, cooking and field trips will provide new experiences.

Early Morning Care

Before school care begins at 6:30 am to assist those parents who work early morning shifts. Call (619) 421-4011 ext. 21 to see if your child's school is included. Weekly fee: \$35

After School Transportation

Transportation and walking programs are available to students from the following elementary schools: Castle Park, CVLCC, Greg Rogers, Heritage, Lauderbach, Loma Verde, Mueller, Otay, Palomar, Parkview, Rice, Rohr, Valle Lindo, Harborside, and Heddenkamp.

Club members participating in the after school transportation/walking program meet Club staff at a designated area at their school where the members are then transported or escorted to the Club site.

Fees range from \$30 - \$40 per month, depending on service provided. Please call (619) 421-4011 ext. 21 for details.

SPECIAL ACTIVITIES

Oleander Clubhouse

1301 Oleander Ave. (619) 421-4011

Funshine Daycamp (Year-Round Schools)

(September 22 - October 13)

Summer Daycamp provides a safe and fun program for children 6 years and up. Campers will participate in daily activities such as arts & crafts, woodshop, sports and games, tournaments, special events and field trips. All daycampers must attend the field trips. Camp hours: 6:30 am - 2 pm Monday - Friday. Campers may remain until 6 pm at no additional cost. \$100/week if paid by Friday prior to week attending. Late enrollment will include a late fee. Please call (619) 421-4011 ext. 10 for further information.

Oleander Center
1301 Oleander Avenue
Chula Vista, CA 91911
(619) 421-4011

Lauderbach Center
333 Oxford Street
Chula Vista, CA 91911
(619) 407-4774

Feaster-Edison
Charter School
670 Flower Street
Chula Vista, CA 91910
(619) 421-4011 ext. 17

Hours of Operation
Mon - Thurs 2 - 6 pm
Friday 1 - 6 pm

Staff

President & CEO
John Clingan

Operation Director
William J. Lane

Business Manager
Janet Masters

Preschool Director
Diane Taylor

Lauderbach Center Branch
Director: Patty Brambila

Oleander Branch
Director: Henry Cross

Feaster-Edison Branch
Director: Danielle Harris

Skate Park Manager
Aaron Churder

Special Activities

Homework Center

Get help at the Club! Members may bring their homework in for help. Members are strongly encouraged to complete homework upon arrival each afternoon. Tutoring is also available for those who need special help. Ask staff for details.

Woodshop

Experience hands-on woodworking in our brand new woodshop. Members will have the opportunity to design and build a variety of projects under the guidance of woodshop director, Ben Morin. Projects are divided according to age/skill level. For more information come on in or call (619) 421-4011 ext. 14.

SMALL WONDERS PRE SCHOOL

The Club recognizes that the first years of life reflect the most rapid physical and mental growth of the child, requiring a wide variety of activities incorporating social and mental interaction. At Small Wonders, the child's self esteem is promoted through a stimulating environment and an individualized curriculum model. The main objective is to provide an affordable, quality child care program designed to provide a happy, carefree environment for children ages 2 1/2 to 6 years old. Breakfast, lunch, morning and afternoon snacks are included. Fee: \$25 Registration / \$120 Full-time. Ask about the Kindergarten Program by calling (619) 421-4022.

(A licensed Pre School and Child Care Program; License #370806181)

SPECIAL ACTIVITIES

Lauderbach Clubhouse

333 Oxford Street (619) 407-4774

Daycamp

Year-Round Break

6:30 am - 6 pm

Daycamp provides a safe and fun program for children 6 - 13 years of age. Campers enjoy an array of structured activities and attend many field trips. Breakfast included. Call (619) 407-4774 for fees and more information.

Early Morning Care

(Year-Round Schools)

Before school care & transportation to their school site. Includes breakfast. Fee: \$35 per week.

Playground

Having a park in our back yard gives us the opportunity to provide an array of energetic activities. Flag football, soccer, basketball, volleyball, water games, two square, tag, etc.... In addition, we offer supervised fun at the jungle gyms located directly behind the facility.

Homework Stars

(For year-round schools.)

Members log their homework hours with gold stars to qualify for weekly raffles, field trips and other social events.

Arts & Crafts

Paint, cut, paste... That's what Arts & Crafts are about! Plaster, paper, beads and recycled items are used to develop creative thinking.

Cooking Class

Members learn how to make use of the kitchen, appliances, and items within their cabinets while participating in culinary activities ranging from baking cupcakes to creating sushi rolls.

Boys Group

Teaches boys to become lil' gentlemen. Activities just for them.

Cheerleading

Coed cheerleading for members interested in becoming part of a squad to "cheer" Lauderbach Teams to victory.

Nike P.L.A.Y Daily Challenge

The year found fitness program contains a series of challenges designed to encourage daily exercise and physical fitness. This is accomplished by teaching and testing the athletic skills for Club members in different activities.

Girls Group

Girls participate in activities designed just for them! Crafts, dance, sports, field trips, and special friendships.

3:30 - 5:30 pm Mon - Fri

Friends 'n Pals Kindergarten

Designed to complete the kindergarten student's day, this program is available for both morning and afternoon kindergarten students. The bilingual program emphasizes social skills, movement and rhythm, science, homework help and more. Transportation to and from school is provided. Breakfast,

lunch and snacks are included. This program is available for students at Lauderbach, Charter, Harborside, & Mueller Schools. Fee: \$70/week

Feaster-Edison Charter School

(619) 421-4011 ext. 17

Membership at this location is limited to students of Feaster Edison Charter School.

Hours of Operation:

6:30 - 7:30 am Mon-Fri

3:15 - 6 pm Mon/Tues/Wed/Fri

1:30 - 6 pm Thurs

Fee: \$500/school year

The following activities are available:

- Before school care
- After school program
- Seasonal sports
- Homework help
- Cheerleading
- Jazz/dance
- Tournaments
- Life skills groups
- Day camps
- Piano lessons

For further information, Boys & Girls Club staff members are available at the school site after school or you may call (619) 421-4011 ext. 17.

LEN MOORE SKATEPARK

1301 Oleander Ave (619) 421-4011 x12

The new 25,000 square foot skatepark also features a fully stocked skateshop, lights for night skating, shaded bleachers and a snack bar. For ages 6 and up.

Equipment required:

Helmet, knee pads, elbow pads (rentals are available).

Weekday Fees:

Member \$3 / Nonmember \$5

Weekend Fees:

Member \$5 / Nonmember \$7

Annual Membership: \$25 (includes

T-shirt, program discounts, and photo ID)

Tuesday - Sunday

Session 1 11:30 am - 2:30 pm

Session 2 2:45 - 5:45 pm

Session 3 6 - 9 pm

Monday Closed

(Skaters under 18 must have a parent or legal guardian sign the "Hold Harmless/Medical Release" in person on the first visit.)

South Bay Family YMCA

1201 Paseo Magda
Chula Vista, CA 91910
619-421-8805
<http://southbayymca.org>

Main Facility

1201 Paseo Magda, Chula Vista

Gymnastics Center

3804 Main Street, Suite #7, Chula Vista

Satellite Offices

50 Fourth Avenue, Chula Vista

Teen Center

820 Paseo Ranchero, Chula Vista

MISSION

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

THE YMCA FAMILY

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socioeconomic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well being. The South Bay Family YMCA is fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs which:

- Develop the inner strengths and interpersonal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

FINANCIAL ASSISTANCE

The YMCA welcomes people of all socioeconomic backgrounds. Financial Assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow 3 weeks for processing and approval.

YMCA PROGRAMS

The YMCA offers a wide variety of programs designed to build strong kids, strong families, and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team, water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School District schools, Toddler Center
- Day Camps: school break and summer traditional and specialty camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues, and social activities
- Fitness: group exercise, strength training, and cardiovascular conditioning
- Martial Arts: Tae Kwon Do
- Dance: ballet, fitness-movement
- Gymnastics: lessons, team, tumbling, competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf
- Active Older Adults: fitness, educational, and social
- Parent-Child: Y-guides
- Volunteers: several opportunities available

For more detailed information and for a free program brochure please call 619-421-8805 or visit our website at <http://southbayymca.org>.



Executive Director
Tina Williams

Associate Executive Dir.
Annette King

Department Head
Tony Fajardo

Department Head
Dalvon Logan

Membership Director
Dan Montoya

Active Older Adults Dir.
Sandra McMillan

Aquatics Director
Johanna Harbin

Building Superintendent
Harold King

Camp Director
Debbie Apfel

Childcare Director
Mary Culver

Gymnastics Director
Tina Breen

Program Registration
Leticia Puga

Teen Program Director
Rodney Garcia

Youth Sports Director
Abby Smith

Reserving City Facilities

Picnic Areas

The City of Chula Vista has 41 public parks providing a variety of amenities at no cost, such as picnic areas and play equipment. However, an optional picnic reservation service is available during the busiest season for Chula Vista Community, Cottonwood, Eucalyptus, Heritage Park, Marisol, MacKenzie Creek, Rohr, Terra Nova, and Voyager parks. Reservation times are available from March 1 through October 31.

Air jumps and pony rides are allowed at 16 of the parks. For exact locations, please refer to the parks amenities matrix on page 35.

There are large park shelter/gazebos which can accommodate a maximum of 200 people at MacKenzie Creek, Rohr, Terra Nova and Voyager parks.

There are five medium sites which can accommodate a maximum of 100 people. Three of these sites are at Cottonwood, one at Rohr Park, and one at Heritage Park.

There are small sites which can accommodate a maximum of 50 people at Chula Vista Community, Eucalyptus, Marisol, MacKenzie Creek, Rohr, and Voyager parks.

Persons who wish to reserve picnic areas can do so at the Public Works Center, 7 am - 3 pm, Monday - Friday. Reservations must be made 2 business days in advance, no exceptions. Sorry, telephone reservations cannot be accepted. Those wishing the resident rates must show proof of residency, such as a driver's license with the current address listed. If the customer does not have the current address, a current utility bill may be substituted. Full payment must be made at the time the reservation is made (deposit plus reservation fee).

Areas that are not reserved can be used on a first-come, first-served basis at no

charge. It is highly recommended that reservations be made, especially for weekends.

No keg beer, glass containers or amplified music are allowed in any City of Chula Vista park. A complete set of park rules can be obtained at the Public Works Center.

The Public Works Center has moved to 1800 Maxwell Road. Because the new office is located several miles from the Civic Center, residents are asked to call 397-6197 before driving to the Center for services.

Need a Gym?

The Parkway Gymnasium, Otay Recreation Center, and Chula Vista Community Youth Center are available for groups to use on a rental basis for athletic activities such as basketball, volleyball, badminton, etc. Companies, clubs or organizations interested in making use of these facilities may refer to the telephone listing on the next page.

Pools

Interested in renting a pool for a private party or function? Call the pool of your choice for details and prices.

Community Center Reservations

For indoor use, the Chula Vista Youth Center, Heritage, Loma Verde, Parkway

and Otay Community Centers, the Norman Park Senior Center, and the Chula Vista Women's Club are available for weddings, birthdays, meetings, etc.

The Loma Verde Recreation Center and the Norman Senior Center each have main halls suitable for receptions of up to 250 people, plus smaller rooms for meetings of up to 50 people with kitchen facilities*.

Alcoholic beverages are not permitted in Loma Verde, Parkway, Otay, the Chula Vista Community Youth Center and the Heritage Center. Alcohol is permitted at certain functions in the Chula Vista Women's Club and the Norman Park Senior Center.

Call each center for complete information concerning rules, rental fees, room availability and capacity.

*Kitchen facilities are for warming food only. Health regulations prohibit the cooking of food in any of our facilities.

Sports Fields

Softball fields in four of the City's parks are available for rent on an hourly basis. Contact the Athletics Office at 691-5084 to reserve ball fields in Chula Vista Community, Discovery, Eucalyptus and Rohr parks.

A soccer field at Voyager Park is also available for rent through the Athletics Office.

Resident*	Large	Medium	Small	Air Jump & Pony Permit
Rental	\$120	\$90	\$30	\$30
Deposit	\$100	\$75	\$25	
Total	\$220	\$165	\$55	\$30

*Persons wanting the resident rates must show proof of residency such as a driver's license with the current address listed – If license does not have the current address the customer can also bring in a current utility bill.

Non-Resident*	Large	Medium	Small	Air Jump & Pony Permit
Rental	\$240	\$180	\$60	\$60
Deposit	\$100	\$75	\$25	
Total	\$340	\$255	\$85	\$60

City Parks Map



- - Existing Parks
- ◇ - Recreation Centers

RECREATION CENTERS

1. **Chula Vista Woman's Club**
357 G Street
(619) 691-5085 (for info)
2. **Chula Vista Youth Center**
465 L Street
(619) 691-5276
3. **Loma Verde Pool**
1420 Loma Lane
(619) 691-5081
Loma Verde Recreation Center
1420 Loma Lane
(619) 691-5082
4. **Norman Park Senior Center**
270 F Street
(619) 691-5086
5. **Parkway Community Center**
373 Park Way
(619) 691-5083
Parkway Gymnasium
385 Park Way
(619) 691-5084
Parkway Pool
385 Park Way
(619) 691-5088
6. **Otay Recreation Center**
3554 Main Street
(619) 476-5325
7. **Heritage Community Center**
1381 East Palomar Street
(619) 421-7032

TENNIS COURTS

Municipal Courts

Mackenzie Creek Park
Marisol Park
Eucalyptus Park
Rancho Del Rey Park
Sunbow Park
Terra Nova Park

of court

2 (lighted)
2 (lighted)
4 (lighted)
2
3 (lighted)
2 (lighted)

School District Courts

Southwestern College
Bonita Vista High School
Castle Park High School
Chula Vista High School
EastLake High School
Hilltop High School
Rancho Del Ray Middle School

of courts

14 (4 lighted)
6
6
6 (4 lighted)
10 (8 lighted)
6 (4 lighted)
4

MUNICIPAL GOLF COURSE

4475 Bonita Road, (619) 479-4141

18-hole championship course, pro-shop, putting and chipping greens, driving range, carts, snack bar, club house and restaurant.

OPEN SPACE

An Open Space Hotline, (619) 397-6016, is available to address open space concerns outside normal business hours. The hotline will record non-emergency open space concerns before 8 am or after 5 pm and on weekends.

To report and register concerns regarding City Open Space during regular business hours, please call (619) 691-5027. Emergency calls outside regular business hours, 8 am - 5 pm, Monday through Friday, should be directed to the Police Department at (619) 691-5151. The Police Department will contact staff on emergencies.



City Parks Matrix

		Amphitheater	Barbecue Grill	Ballfield	Basketball	Fitness Course	Gymnasium	Open Green Space	Park Shelter/Gazebo	Picnic Area	Play Equipment	Recreation Center	Restroom Facility	Shuffleboard	Soccer Field	Softball Field	Swimming Pool	Tennis Courts	Air Jumps Allowed	Pony Rides Allowed
Community Parks		Acres																		
1.	Chula Vista Community Park - 1060 EastLake Pkwy*	14.9	•					•	•	•	•		•		•	•		•	•	•
2.	Discovery Park - 700 Buena Vista Way	20.4	•			•		•		•	•		•		•	•			•	•
3.	Eucalyptus Park - Fourth Avenue & C Street	20.9	•		•			•		•	•		•			•		•	•	•
4.	Greg Rogers Park - 1189 Oleander Avenue	42.1	•	•				•		•			•			•			•	•
5.	J Street Marina/Bayside Park**	21.4	•			•		•		•	•		•							
6.	Rohr Park - 4548 Sweetwater Road*	59.9	•		•			•	•	•	•	•	•		•	•			•	•
Neighborhood Parks																				
7.	Bay Boulevard Park - F Street & Bay Boulevard	1.5						•		•										
8.	Bonita Long Canyon Park - 1745 Coltridge Lane	10.9				•		•		•	•		•						•	•
9.	Breezewood Park - 1091 Breezewood Dr.	2.2	•					•		•	•									
10.	Connoley Park - 1559 Connoley Avenue	0.7			•			•			•									
11.	Cottonwood Park - 1778 East Palomar Street*	6.6	•		•			•	•	•	•		•		•	•			•	•
12.	Explorer Park - Rancho Del Rey Pkwy & Norella St.	5.6			•			•		•	•								•	•
13.	Friendship Park - Fourth Avenue & F Street	4.0						•												
14.	Gayle L. McCandliss Park - 415 East J Street	3.1		•				•		•	•									
15.	Heritage Park - 1381 Palomar Street	10.1	•		•			•	•	•	•	•	•							
16.	Hilltop Park - 780 Hilltop Drive	9.3		•				•		•	•		•							
17.	Holiday Estates I - 27 Connoley Circle	0.2						•												
18.	Holiday Estates II - 1637 Connoley Avenue	0.2						•												
19.	Independence Park - 1248 Calle Santiago	12.8						•												
20.	Lancerlot - 750 K Street	0.1									•									
21.	Lauderbach Park - 333 Oxford Street	3.9		•	•			•		•	•									
22.	Loma Verde Park - 1420 Loma Lane	6.2		•				•			•	•					•			
23.	Los Niños Park - 150 Teal Street	5.1		•	•			•		•	•		•						•	•
24.	MacKenzie Creek Park - 2275 MacKenzie Creek Rd.*	6.8		•	•			•	•	•	•		•					•	•	•
25.	Marina View Park - 900 Marina View Parkway**	4.5		•		•		•					•							
26.	Marisol Park - 916 Rancho Del Rey Parkway*	5.0						•		•	•		•					•	•	•
27.	Memorial Park - 373 Park Way	7.8	•	•			•	•			•	•	•				•			
28.	Norman Park - 270 F Street	1.5						•		•				•						
29.	Orange Avenue Fields - 160 East Orange Avenue	4.0						•								•				
30.	Otay Park - 1613 Albany Avenue	4.2		•				•		•	•		•		•				•	•
31.	Palomar Park - 1359 Park Drive	2.7		•				•		•	•									
32.	Paseo Del Rey Park - 750 Paseo Del Rey	9.0		•				•		•	•									
33.	Rancho Del Rey Park - 1131 Buena Vista Way	9.2						•		•	•							•		
34.	Rienstra Ballfields - 1500 Max Avenue	7.1						•								•				
35.	SDG&E Park - 1450 Hilltop Drive	20.0		•	•			•		•	•								•	•
36.	Sherwood Park - 69 Sherwood Street	0.3						•												
37.	Sunbow Park - 500 East Naples Street	3.7		•				•		•	•							•		
38.	Sunridge Park - 952 Beechglenn	6.6		•				•		•	•				•				•	•
39.	Terra Nova Park - 450 Hidden Vista Drive*	17.0						•	•	•	•		•		•	•		•	•	•
40.	Tiffany Park - 1713 Elmhurst Avenue	5.3						•		•	•									
41.	Valle Lindo Park - 545 Sequoia Drive	4.3		•				•		•	•									
42.	Voyager Park - 1178 East J Street*	11.2						•	•	•	•		•		•				•	•

*Rental Reservations Available

**Reservations & information from Port of San Diego (619) 686-6200

FALL 2003



www.chulavistaca.gov

276 Fourth Avenue
Chula Vista, CA 91910